



What do you wonder young scientists present:

Sleep Schedule and Our Changing World

How is social distancing in response to the Coronavirus outbreak impacting your sleep schedule? Now that the daily routines of PreK-12 students, their parents and many others have been dramatically changed by a statewide stay at home request, our High School Wonder Team is curious about how our sleep schedule is being impacted. Please use the data sheet on the following page to record your sleep data for three nights. When you have collected all your data, please share your data on the data submission [link](#).

Thank you for supporting our curious young scientists.

Night 1

Night 2

Night 3

What time did you go to sleep?			
What time did you wake up?			
Did you wake up during the night? If so, how many times?			
How well rested do you feel on a scale of 1-7? (1 being not rested, 7 being very rested)			
Did you dream?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
How is your health today?	<input type="checkbox"/> Great! <input type="checkbox"/> Not so great	<input type="checkbox"/> Great! <input type="checkbox"/> Not so great.	<input type="checkbox"/> Great! <input type="checkbox"/> Not so great.
What is your emotional health today? Include as many as are appropriate. Calm, anxious, stressed, sad, angry, cheerful, bored, grateful, excited			