

Circadian Rhythm Worksheet

Circadian Rhythm is also commonly referred to as our own “Body Clock”. This daily cycle is thought to be due to the fact that we live on a planet that has a regular light and a dark period. This periodicity causes predictable fluctuations in sleep/wake cycles as well as hormonal and neuronal cycles. We will be discussing this in much greater depth in next week’s lab.

For the next 3 days you must keep track of when you go to sleep and when you wake up. In addition, if you have any sleep disruptions please note the duration and cause of those as well. Take these times into account and figure the total sleep time. Also, please note if you have any time in the afternoons/evening in which you feel a “slump” – meaning that you are notably tired and craving a nap.

Day 1

Bedtime:
Rise Time:
Disruptions:
Total Sleep Time:
Slump Time:

Day 2

Bedtime:
Rise Time:
Disruptions:
Total Sleep Time:
Slump Time:

Day 3

Bedtime:
Rise Time:
Disruptions:
Total Sleep Time:
Slump Time:

Overall Comments on Your Sleep/Wake Cycle and Slump Time: