

Sleep As A Social Justice Issue

How many hours did you sleep last night?

1 2 3 4 5 6 7 8 9 10 11 12

How many hours do you sleep on a normal weeknight (Sunday through Thursday)?

1 2 3 4 5 6 7 8 9 10 11 12

How many hours do you sleep on a normal weekend night (Friday and Saturday)?

1 2 3 4 5 6 7 8 9 10 11 12

Do you think you get enough sleep?

Yes No

What are some variables that affect the quality of your sleep?

List here:

