

## Ben Learns how much Sleep he Needs for 15 Days

| Day                 | Total Sleep Time | Energy Level<br>(1/Low- 10/High) | Mood<br>(1/Low- 10/High) |
|---------------------|------------------|----------------------------------|--------------------------|
| 1 Sun-Mon morning   | 11h 25min        | 5                                | 3                        |
| 2 Mon-Tue morning   | 11h 15min        | 5                                | 4                        |
| 3 Tue-Wed morning   | 10h 5min         | 6                                | 4                        |
| 4 Wed-Thurs morning | 9h 45min         | 5                                | 4                        |
| 5 Thurs-Fri morning | 8h 55min         | 6                                | 5                        |
| 6 Fri-Sat morning   | 8h 45min         | 6                                | 7                        |
| 7 Sat-Sun morning   | 7h 5min          | 5                                | 6                        |
| 8 Sun-Mon morning   | 9h 00min         | 7                                | 7                        |
| 9 Mon-Tue morning   | 7h 45min         | 7                                | 8                        |
| 10 Tue-Wed morning  | 7h 50min         | 8                                | 8                        |
| 11 Wed-Thur morning | 7h 25min         | 7                                | 8                        |
| 12 Thur-Fri morning | 7h 45min         | 7                                | 7                        |
| 13 Fri-Sat morning  | 7h 5min          | 9                                | 8                        |
| 14 Sat-Sun morning  | 7h 30min         | 9                                | 9                        |
| 15 Sun-Mon morning  | 7h 20min         | 8                                | 7                        |