

Grille de sommeil

Nom: _____

| | Date | 24 h | 1 h | 2 h | 3 h | 4 h | 5 h | 6 h | 7 h | 8 h | 9 h | 10 h | 11 h | 12 h | 13 h | 14 h | 15 h | 16 h | 17 h | 18 h | 19 h | 20 h | 21 h | 22 h | 23 h | Qualité du sommeil | Qualité de l'éveil | Événement particulier |
|---------|------|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|--------------------|--------------------|-----------------------|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 0 = pauvre 1 = moyen 2 = très bon | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jour 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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... Moment du coucher

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...Moment du réveil

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... Noircir la case pour indiquer le temps occupé par le sommeil