Working out my sleep efficiency

How much of your time in bed is spent asleep?

Name _____ Date _____

Sleep efficiency is the share of your time in bed that you spend asleep. Good sleepers are asleep for around 85% to 90% of the time they are in bed. Use last week's sleep diary.

Night	A. Hours in bed	B. Hours asleep
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		
Total		
Average (total divided by 7)		

Average hours in bed (A)	Average hours asleep (B)	Efficiency: B divided by A, times 100

What the number means

85% or more	Your time in bed is a good fit for your sleep. If you are still tired, you may be able to extend it a little.
80% to 84%	Reasonable. Keep your times steady and see how it settles.
Under 80%	You are spending a lot of time awake in bed. Shortening your time in bed is likely to help.

What I notice from these numbers

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