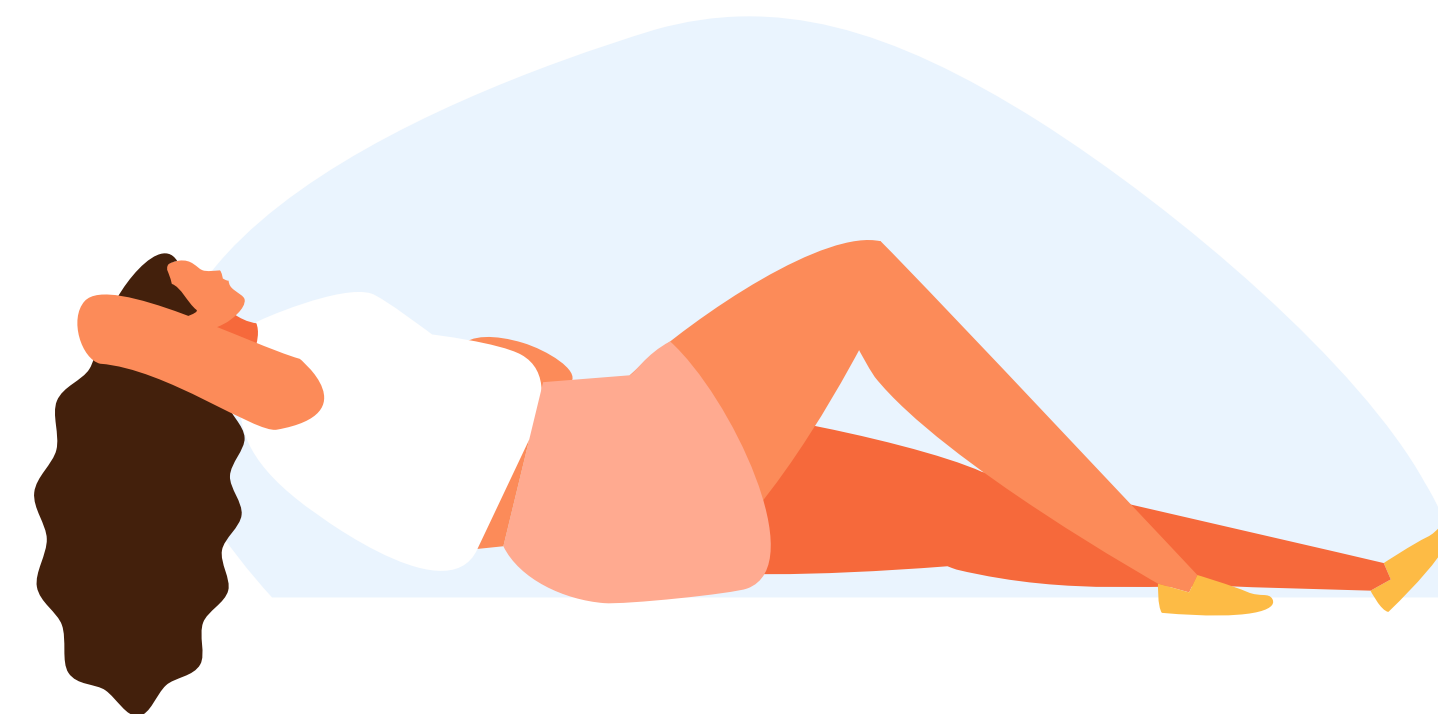


Exercise sheet

ASSESS YOUR SLEEP



A « normal » night lasts between 7 and 9 hours for a young adult. On the one hand, you shouldn't need more than thirty minutes to fall asleep and on the other hand you shouldn't wake up more than once a night (because it breaks your sleep). If it happens, you should go back to sleep ideally in about twenty minutes maximum. Of course, this varies from one person to another. We all know « big » and « small » sleepers.

To take stock, you can calculate what is known as « efficiency sleep », in other words, the ratio of time spent in bed and time actually spent sleeping. Less than 85%, sleep is considered disturbed (85% corresponds to the fact that people spend 85% of the time in bed sleeping).



Jeanne and her problem of insomnia

On this chart, we can see that Jeanne spends almost 2 hours in bed before falling asleep, and that her sleep remains light: she wakes up after only 3 hours, and takes almost 2 hours to go back to sleep. Her alarm clock is relatively late (which can result in her being late in class or skipping a class) and it also takes her a long time to get up, almost certainly because she's tired.

