

Teen Sleep & 20-Min Power Nap Tracker

Your Brain's "Ctrl + S" Save Routine • Convert Short-Term Study into Long-Term Memory

7-Day Weekly Log



Neuroscience Fact: Sleep is NOT passive rest. While you sleep, the glymphatic system clears brain toxins and the hippocampus moves exam facts into permanent memory.

Day	Bedtime 🕒	Wake Time 🌞	Total Sleep (Hrs)	20m Power Nap?	Morning Alertness Score (1-5 ★)
Monday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Tuesday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Wednesday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Thursday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Friday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Saturday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Sunday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)

The 20-Min Power Nap Rule

- **Timing:** Best between 2:00 PM – 3:30 PM (right after school).
- **Set a 20-Min Alarm:** Do NOT sleep for 45–60 mins; you will enter deep slow-wave sleep and wake up groggy (sleep inertia).
- **The Reset:** 20 mins clears adenosine from receptors and restores attention for evening tuition/study!

5-Point Nightly Sleep Hygiene Checklist

- ☐ **Blue-Light Curfew:** Screens off 45 mins before bed (or night shift mode).
- ☐ **Consistent Bedtime:** Within 30 mins of the same time daily.
- ☐ **Caffeine Cut-off:** Zero tea/coffee/energy drinks after 4:00 PM.
- ☐ **Brain Dump:** Write tomorrow's top 3 tasks on paper to calm racing thoughts.
- ☐ **Dark & Cool Room:** Melatonin releases faster in darkness.