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L2L - Sleeping Activity

3/25/2015

After two weeks of recording how much sleep I had received and how I felt those days I have came to the conclusion that my body only needs six hours of sleep each day. I attend classes at ODU on Mondays, Wednesdays and Fridays and found that when I went to bed around 12:30 a.m. to wake up for my 8:00 am class at 6:45 I was the most productive. I found this to be true because on the days I did not have school (Tuesdays and Thursdays), I slept longer (until 10 a.m.) but did not feel as productive. For some reason I felt overly tired when I had in fact received more sleep from that previous night. Overall, my productivity levels was just not the same. Another observation that I made was that my body does well off six hours of sleep only when I have stayed in a routine. For example, if I broke my normal pattern and stayed up later than what I usually do, my body would be trying to catch up to itself which means I would have to nap during the day to catch up. I found that an easy way for me to make myself go to sleep at my normal time to ensure my routine is to stay the same is by taking 3 mg of melatonin each night and to just sit and bed and watch TV or something. This allowed my brain to unwind and to get in "Sleeping Mode".