

Alertness Solutions Sleep Debt Calculator

This year alone, the United States will accumulate a sleep debt of about 105,682,763,550 hours. And if you consider the world population, the sleep debt is even more staggering: about 2,321,894,629,470 hours. If these were financial figures, they would make most economists quake: we are in the midst of world-wide sleep bankruptcy - perhaps a full-fledged “sleep depression.”

How much of this international sleep debt is yours? Compute your personal sleep debt using the following calculation.

Example

Step 1: Over the last week, write how many hours of sleep you had per night?

Monday: _____ hrs	Monday: <u> 5 </u> hrs
Tuesday: _____ hrs	Tuesday: <u> 6 </u> hrs
Wednesday: _____ hrs	Wednesday: <u> 5 </u> hrs
Thursday: _____ hrs	Thursday: <u> 5 </u> hrs
Friday: _____ hrs	Friday: <u> 5 </u> hrs

Step 2: Total these: _____ hrs

Total: 26 hrs

Step 3: Think about a day when you felt alert and at your top performance. How many hours of sleep did you get the night before? If you are not sure, put 8 hours. Then multiply that number by 5.

_____ hrs x 5 = _____

 8.5 hrs x 5 = 42.5

Step 4: Subtract the number in Step 2 from the number in Step 3.

_____ - _____
Step 3 hours - Step 2 hours

 26 - 42.5 = -16.5 hrs
This is a sleep debt of 16.5 hrs—
Two nights of sleep in the red!

Results:

If the number is positive: Congratulations, your account is in the black! Keep getting your sleep.

If the number is negative: Your sleep account is in the red—you are carrying a sleep debt. Learn more about good sleep habits and alertness management to keep your sleep account—and your productivity—in the black.