

Sleep Log Instructions

- Please keep a daily log of your child's sleep for 2 weeks.
- To show the time your child gets in bed, please mark that time with a down arrow (↓).
- Please shade in the time that your child is asleep.
- To show the time your child wakes up and/or gets out of bed (either during the night or in the morning), please mark that time with an up arrow (↑).

On the bottom of your sleep log is an example line. The markings show this child went to bed at 9:30 p.m. (↓), was asleep from 10:00 p.m. to 2:00 a.m., was awake and/or out of bed from 2:00–3:00 a.m. (↑), and was asleep again from 3:00 a.m. to 7:00 a.m., and got out of bed at 7:30 a.m. This child also took a nap from 1:00 p.m. to 3:00 p.m.

Please note, each day of the sleep diary starts at 6 p.m., so if you are recording for Tuesday, you will start with Tuesday at 6 p.m. and record through Wednesday 6 p.m. on the first line. The second line will be Wednesday 6 p.m. through Thursday 6 p.m., and so on.

(continued)

