

# Sleep Diary

# #itsBedtime

Keep track of each of your children's sleep patterns with this simple Sleep Diary. Most questions can be answered at bedtime. The rest you'll know the answer to at breakfast. Complete it each evening and morning. It will only take a minute.

Child's Name

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
What time did you start your bedtime routine?								
What time did your child go to bed?								
What time did they get to sleep?								
What time did they get up the next morning?								
How many hours did they sleep?								
What activities did they do in the hour before they went to bed? Did they read, watch TV, play with toys or video games, do homework? Something else?								
Were they up during the night?								
Did bedtime go as planned, Yes or No								
How was their energy the next day? On a scale of 1-5 (5 = full of energy, 1 = no energy)								
What worked well in getting them off to sleep?								
What got in the way of getting to sleep?								

Focus on what worked well and try to tackle the thing that got in the way of a good sleep.

