

Infant-Child Sleep Diary



The Sleep Diary is a way to investigate the patterns and quality of your child's sleep. Complete the diary every day for two weeks. Try not to skip any days, and try to be honest and accurate.

Name:		Start date:		Week:					
Day/Date									
Yesterday	What did you and your child do in the 30 minutes before bed?								
	What time did you put them to bed last night?								
	What time did they go to sleep?								
	How long did it take them to fall asleep?								
	How easily did they fall asleep on a scale of 1 (easily), to 5 (with great difficulty)?								
	How many times did they wake up in the night?								
	In total, how long did these awakenings last?								
	What time did they have their last meal or snack?								
	When did they nap and for how long?								
	Did you give them any medications? If so, what?								



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Name:

Start date:

Week:

	Day/Date								
Today	What time did your child wake up today?								
	What time did you get them up for the day?								
	How would you rate the quality of their sleep from 1 (very poor), to 5 (very good)?								
	How tired did they seem this morning from 1 (very tired), to 5 (full of energy)?								
	Anything else you noticed? Disturbances during the night, unusual events during the day...								

What did you notice about your sleep patterns? Use this space for any notes.



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