Sleep Diary

Instructions:

1. Write the date, day of the week, and type of day: e.g. home / nursery / holiday.
2. Put the letter **S** in the box if your child has any sugary drinks (e.g. squash, fruit juice or fizzy drinks like cola).
3. Put the letter **W** in the box if your child has a drink of water.
4. Put the letter **M** in the box if your child is given medication.
5. Put the letter **A** in the box if your child has been active.
6. Put a line (I) to show when you put your child to bed. Shade in the box that shows when they fell asleep.
7. Shade in all the boxes that show when they were asleep at night or when they took a nap during the day.
8. Leave boxes unshaded to show when your child wakes up at night and when they are awake during the day.

Week One

Day	Kind of day	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00
e.g. Mon	e.g. Home					S	A		I					M		I									I

Week Two

Day	Kind of day	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00
e.g. Mon	e.g. Home					S	A		I					M		I									I