

SLEEP LOG

		Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	MN	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	Noon	
Mon	1/3			↓																							
Tues	1/4			↓																							

Instructions: The top two rows show a “sample” sleep log. Enter the Days and Dates on the left hand side. The arrows mark “bedtime”. Shaded areas mark sleep (note the difference between “bedtime” and actually falling asleep). White/clear areas mark awake periods. Midnight is in the middle of the chart. Dotted lines mark the half-hour. Note the interruptions during the night on the sample—these are night time wakings. Note the shaded areas in the afternoon---these are naps. Feel free to add margin notes or additional information that would be helpful in learning more about your child’s sleep.