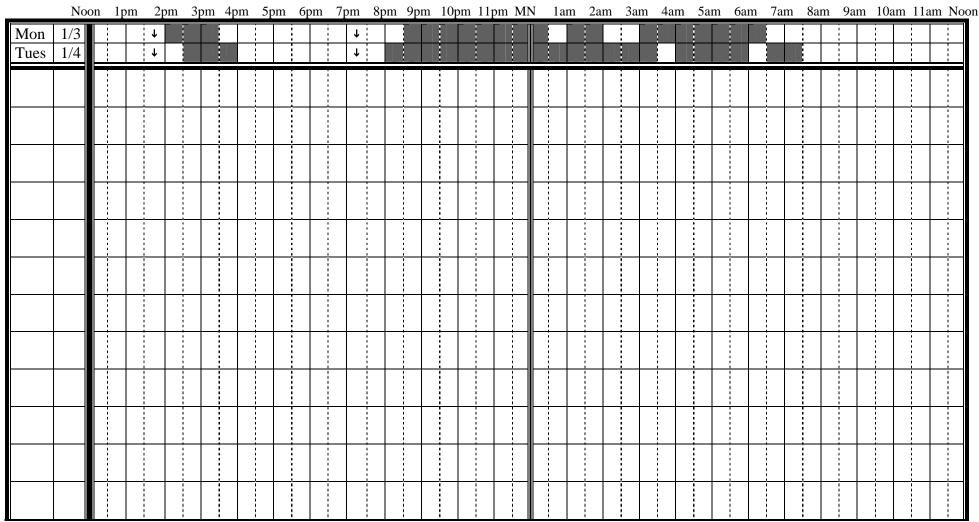


Gillette Sleep Health Center SLEEP LOG

Patient Name: D.O.B: ACCT#: MR#:



<u>Instructions</u>: 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.