



# Child Sleep Diary

The Sleep Diary is a way to investigate the **timing, patterns and quality** of your child's sleep.

Instructions:

1. Complete the diary **every day for two weeks**. Try not to skip any days, and try to be honest and accurate.
2. Aim to fill in the diary **every morning**, when your memory of the night before will be fresh.
3. **Page 1** of the sleep diary is for **yesterday**. **Page 2** is for **today**.

**My name:**

**Start date:**

**Week number:**

	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 easily did they fall asleep on a scale of 1 (very 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?							
	If they napped, at what times and for how long?							
	Did they take any medications? If so, what?							



# Child Sleep Diary

My name:

Start date:

Week number:

	Day/Date							
Today	What time did your child wake up today?							
	What time did you get them out of bed for the day?							
	How well did they sleep on a scale of 1 (terribly) to 5 (really well)?							
	How tired were they this morning on a scale of 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 child's sleep patterns? Use this space for any notes.