

CHILDREN'S SLEEP DIARY

Instructions:

Please mark with a down arrow ↓ when your child goes to bed, and an up arrow ↑ when they get out of bed. Periods of sleep can be marked with shading. Please also mark any daytime sleep episodes (e.g. a nap in the car, on the sofa) in the same way. It is best to do this once a day in the morning but not in the bedroom.

There is also a row for activities to mark at the appropriate time as below:

ACTIVITIES

C – Any caffeinated drinks (includes coffee, tea, energy drinks with caffeine)

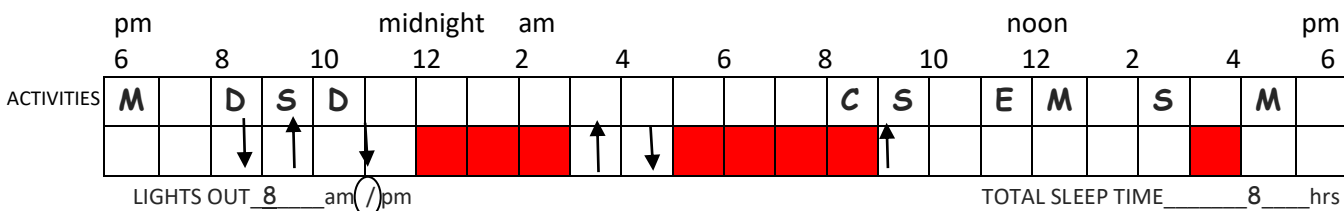
M – Meals or **S** – snacks

O – Outside time

E – Exercise (any out of breath activity)

D – Device (and what time did they stop using phone/tablet/game before bed)

Example:



There is also room on the back page for comments for each day. Feel free to write any comments here (e.g. had a bad night, restless, late night due to party, school holidays, unwell, coughing, nightmare etc.). This helps us understand your child's daily routine and the pattern of any sleep problem.

Week 1

	pm				midnight		am					noon				pm										
	6		8		10		12		2		4		6		8		10		12		2		4		6	
ACTIVITIES																										
	LIGHTS OUT _____am pm												TOTAL SLEEP TIME _____hrs													

	pm				midnight		am					noon				pm										
	6		8		10		12		2		4		6		8		10		12		2		4		6	
ACTIVITIES																										
	LIGHTS OUT _____am pm												TOTAL SLEEP TIME _____hrs													

	pm				midnight		am					noon				pm										
	6		8		10		12		2		4		6		8		10		12		2		4		6	
ACTIVITIES																										
	LIGHTS OUT _____am pm												TOTAL SLEEP TIME _____hrs													

	pm				midnight		am					noon				pm										
	6		8		10		12		2		4		6		8		10		12		2		4		6	
ACTIVITIES																										
	LIGHTS OUT _____am pm												TOTAL SLEEP TIME _____hrs													

	pm				midnight		am					noon				pm										
	6		8		10		12		2		4		6		8		10		12		2		4		6	
ACTIVITIES																										
	LIGHTS OUT _____am pm												TOTAL SLEEP TIME _____hrs													

	pm				midnight		am					noon				pm										
	6		8		10		12		2		4		6		8		10		12		2		4		6	
ACTIVITIES																										
	LIGHTS OUT _____am pm												TOTAL SLEEP TIME _____hrs													

	pm				midnight		am					noon				pm										
	6		8		10		12		2		4		6		8		10		12		2		4		6	
ACTIVITIES																										
	LIGHTS OUT _____am pm												TOTAL SLEEP TIME _____hrs													

Week 2

pm 6 8 10 12 midnight 2 am 4 6 8 10 12 noon 2 4 6 pm

ACTIVITIES

LIGHTS OUT _____ am pm TOTAL SLEEP TIME _____ hrs

pm 6 8 10 12 midnight 2 am 4 6 8 10 12 noon 2 4 6 pm

ACTIVITIES

LIGHTS OUT _____ am pm TOTAL SLEEP TIME _____ hrs

pm 6 8 10 12 midnight 2 am 4 6 8 10 12 noon 2 4 6 pm

ACTIVITIES

LIGHTS OUT _____ am pm TOTAL SLEEP TIME _____ hrs

pm 6 8 10 12 midnight 2 am 4 6 8 10 12 noon 2 4 6 pm

ACTIVITIES

LIGHTS OUT _____ am pm TOTAL SLEEP TIME _____ hrs

pm 6 8 10 12 midnight 2 am 4 6 8 10 12 noon 2 4 6 pm

ACTIVITIES

LIGHTS OUT _____ am pm TOTAL SLEEP TIME _____ hrs

pm 6 8 10 12 midnight 2 am 4 6 8 10 12 noon 2 4 6 pm

ACTIVITIES

LIGHTS OUT _____ am pm TOTAL SLEEP TIME _____ hrs

pm 6 8 10 12 midnight 2 am 4 6 8 10 12 noon 2 4 6 pm

ACTIVITIES

LIGHTS OUT _____ am pm TOTAL SLEEP TIME _____ hrs

Comments

1)

2)

3)

4)

5)

6)

7)

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9)

10)

11)

12)

13)

14)