CHILD TWO WEEK SLEEP DIARY

INSTRUCTIONS:

1. Write the date, day of the week, and type of day: School, Weekend, or Vacation.
2. Put the letter “C” in the box when your child had caffeine. Put “M” when your child takes any medicine. Put “E” when your child exercises.
3. Put a line (|) to show when your child went to bed. Put a down arrow and shade in the box that shows when you think your child fell asleep.
4. Shade in all the boxes that show when your child is asleep at night or when they take a nap during the day.
5. Put an up arrow in the box that shows when your child woke up.
6. Leave boxes unshaded to show when they wake up at night and when they are awake during the day.

SAMPLE ENTRY BELOW: On a Monday, your child was at school, and your child had gym class from 1 to 2 PM. Your child had a nap from 3 to 4 PM. Went to bed at 9:30 PM, fell asleep around 10 PM, woke up and couldn’t get back to sleep around 2 AM, went back to sleep from 3 to 7 AM, and had medicine at 7:00 in the morning.

Today’s Date	Day of the Week	Type of Day School, Weekend, Vacation	NOON	1 PM	2	3	4	5	6 PM	7	8	9	10	11 PM	Midnight	1 AM	2	3	4	5	6 AM	7	8	9	10	11 AM
Sample	Mon.	School		E								|		⇩		⇑		⇩			⇑	M				