INFANT 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 “A” when your child is active. Put a “C” when your child is crying/fussy. Put a capital “F” when your child feeds.
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. Put an “X” in the boxes where your child slept with someone.
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 home, was fed at noon, and played in the backyard from 1 to 2 PM. Your child had a nap from 3 to 4 PM in your arms. Your child was fed again at 5 PM, and was fussy around 7 PM. Went to bed at 8:30 PM, fell asleep around 9 PM, woke up and couldn’t get back to sleep around 2 AM. Your child was also fussy and you fed them at this time. They went back to sleep from 3 to 7 AM, and had medicine and were fed at 7:00 in the morning.

<table>
<tr><th>Today’s Date</th><th>Day of the Week</th><th>Type of Day At home, Daycare, Vacation</th><th>NOON</th><th>1 PM</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6 PM</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11 PM</th><th>Midnight</th><th>1 AM</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6 AM</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11 AM</th></tr>
<tr><td>Sample</td><td>Mon.</td><td>Home</td><td>F</td><td>A</td><td></td><td>X</td><td></td><td>F</td><td></td><td>C</td><td>|</td><td>⇓</td><td></td><td></td><td></td><td>⇑</td><td>F
C</td><td>⇓</td><td></td><td></td><td>⇑</td><td>M
F</td><td></td><td></td><td></td><td></td></tr>
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