

Sleep Log – 5 day tracking!

DAY 1:

Date: _____ Childs Name: _____

Wake up

Time: _____. Woke on his/her own or aroused? _____

Morning Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Early Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Late Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Bedtime

What time did you start bedtime routine? _____

What time did you put him/her in the crib? _____

How much fussing before falling asleep? _____

How much caregiver soothing required? _____

Time he/she fell asleep: _____

Times awake during the night: _____

Did anything disrupt your regular routine today? If so, describe:

DAY 2:

Date: _____ Childs Name: _____

Wake up

Time: _____. Woke on his/her own or aroused? _____

Morning Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Early Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Late Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Bedtime

What time did you start bedtime routine? _____

What time did you put him/her in the crib? _____

How much fussing before falling asleep? _____

How much caregiver soothing required? _____

Time he/she fell asleep: _____

Times awake during the night: _____

Did anything disrupt your regular routine today? If so, describe:

DAY 3:

Date: _____ Childs Name: _____

Wake up

Time: _____. Woke on his/her own or aroused? _____

Morning Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Early Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Late Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Bedtime

What time did you start bedtime routine? _____

What time did you put him/her in the crib? _____

How much fussing before sleep? _____

How much caregiver soothing required? _____

Time he/she fell asleep: _____

Times awake during the night: _____

Did anything disrupt your regular routine today? If so, describe:

DAY 4:

Date: _____ Childs Name: _____

Wake up

Time: _____. Woke on his/her own or aroused? _____

Morning Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Early Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Late Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Bedtime

What time did you start bedtime routine? _____

What time did you put him/her in the crib? _____

How much fussing before sleep? _____

How much caregiver soothing required? _____

Time he/she fell asleep: _____

Times awake during the night: _____

Did anything disrupt your regular routine today? If so, describe:

DAY 5:

Date: _____ Childs Name: _____

Wake up

Time: _____. Woke on his/her own or aroused? _____

Morning Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Early Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Late Afternoon Nap

Time and duration: _____ Woke on his/her own or aroused? _____

How much caregiver soothing required? _____

Bedtime

What time did you start bedtime routine? _____

What time did you put him/her in the crib? _____

How much fussing before sleep? _____

How much caregiver soothing required? _____

Time he/she fell asleep: _____

Times awake during the night: _____

Did anything disrupt your regular routine today? If so, describe: