

Sleep Diary

Child's Name:

Date Diary Started:

Date Diary Completed:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day / Date							
Time / length of any daytime naps							
Time bedtime routine started. Any problems? What did you do?							
Time went to bed. Any problems? What did you do?							
Time fell asleep (within 15 / 30 mins / 1 hour / more than an hour							
Night Time awakenings. What Time? Problems? What did you do?							
Time woke in the morning. Woken up by parent or woke up themselves							

Sleep Diary

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day / Date							
Time / length of any daytime naps							
Time bedtime routine started. Any problems? What did you do?							
Time went to bed. Any problems? What did you do?							
Time fell asleep (within 15 / 30 mins / 1 hour / more than an hour							
Night Time awakenings. What Time? Problems? What did you do?							
Time woke in the morning. Woken up by parent or woke up themselves							

Additional Comments / Observations

A large, empty rectangular box with a thin black border, intended for providing additional comments or observations. The box is currently blank.

2 SLEEP

Tips for using the Sleep Diary

- Fill it in as honestly as you can
- Use extra sheets if necessary. Get as much information down as you can
- If your child sleeps elsewhere during the time you are keeping a sleep diary e.g. grandparents, child minder, respite centre, make sure you get the child's carer to fill in the sleep diary and record where they have slept
- Check with your child's school / nursery to see if they nap in the day (if applicable)
- If your child uses school transport check with the escort / driver to see if they fall asleep / nap on the journey home
- Keep the diary by the bed / in the child's room so that you can fill it in immediately rather than trying to remember what happened later
- Keep the diary for at least TWO weeks to see if you can find a pattern to your child's sleeping behaviour
- The diary will need to be completed before your scheduled sleep interview
- If you have any questions about completing the diary please contact 2sleep via email at 2sleep@2sleep.org or by mobile 07896 676192 (Carol) / 07914 308227 (Vanessa)