

# Detailed Sleep Diary

Rule number one when completing a sleep diary - Do Not Stress!! I suggest completing the overnight portion of this form first thing in the morning so to not disrupt your sleep....but before your day starts or you'll likely forget! Feel free to print if this is easier for you. You can always email me a photo of the diary later. Just do your best :)

Child's name:

Date of birth:

Date:

	Day 1	Day 2	Day 3
<p><b>What time did they first wake up in the morning?</b></p> <p>i.e. often kids will wake up but we attempt (unsuccessfully) to get them back to sleep.</p>			
<p><b>What time did they actually get out of bed and start their day?</b></p> <p>i.e. often we laze in bed awake, feed in bed, or try unsuccessfully to get back to sleep vs getting out of bed right away)</p>			

<p><b>What was the start time for each nap?</b></p> <p><b>How long did they sleep for during each nap? (mins)</b></p> <p><b>AND</b></p> <p><b>What happened?</b></p>			
<p><b>Total day sleep ?</b></p>			
<p><b>What time did they go to bed?</b></p> <p><small>(i.e. the time you actively started trying to get them to sleep)</small></p>			
<p><b>What time did they fall asleep?</b></p>			
<p><b>How long did it take for them to fall asleep?</b></p>			

<p><b>What time did parents go to sleep?</b></p>			
<p><b>What was the start time of each night time / overnight waking?</b></p> <p><b>How long were they awake for each waking? (mins)</b></p> <p><b>AND</b></p> <p><b>What happened?</b></p>			
<p><b>What time was the final awakening?</b></p> <p>(hint: this is the time they woke up in the morning and will be carried over to the next day's data)</p>			
<p><b>Time spent awake overnight?</b></p>			

<p>Please add up the time spent awake overnight from first falling asleep until the final wake up</p>			
<p><b>Total overnight sleep?</b></p> <p>Subtract the time spent awake at night/ overnight from the time spent sleeping</p>			
<p><b>Total 24 hour sleep</b></p> <p>Add up the day and night sleep</p>			
<p><b>Anything else you want me to know?</b></p> <p>(i.e. Were they difficult to settle? Were they fussy? Any medical concerns? Was it a busy or unusual day? Did they sleep in a different space from usual? etc)</p>			

# Thank you!

*(I know sleep diaries are no fun at all, but they are very helpful in getting your little one AND you sleeping better!)*

