Sleep diary

To find out more about your child’s sleep work with them to keep a diary for the next few days.

A diary like this can help you find out if:

* your child has a regular bedtime,
* they are tired when they go to bed and fall asleep quickly,
* they are waking during the night,
* how long they are sleeping,
* how much time they are spending in bed and
* how they found the quality of their sleep

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Day | Day | Day | Day | Day | Day |
| What time did your child go to bed? |  |  |  |  |  |  |
| How long did it take them to fall asleep? |  |  |  |  |  |  |
| How many times did they wake in the night? |  |  |  |  |  |  |
| What time did they finally wake up? |  |  |  |  |  |  |
| What time did they get up? |  |  |  |  |  |  |
| How would they rate their sleep?  1 2 3 4 5  Poor Good |  |  |  |  |  |  |