

Sleep Diary

Keeping a sleep diary helps you get a clearer picture of your baby’s seemingly unpredictable and disorganized sleep habits. Use this form to record the details of your baby’s sleep habits and compare your notes day to day.

(Note: An important part of teaching a baby healthy sleep habits is letting him learn how to fall asleep on his own in his crib. Therefore, even though your baby may have fallen asleep during soothing — while feeding, rocking, etc. — you should note the time he went down in his crib as the official start of his sleep period.)

Date: _____	Morning wake-up time: _____	
morning nap	afternoon nap	late afternoon nap
Time baby went in crib: _____	Time baby went in crib: _____	Time baby went in crib: _____
Time baby fell asleep: _____	Time baby fell asleep: _____	Time baby fell asleep: _____
Wake time: _____	Wake time: _____	Wake time: _____
Notes: _____	Notes: _____	Notes: _____
bedtime	night waking	other
Time bedtime routine began: _____	Time of waking: _____	Feedings? _____
Describe bedtime routine: _____	Time in crib awake: _____	Illness? _____
_____	Length of crying, if any: _____	_____
_____	Time fell asleep: _____	Teething? _____
Time baby went in crib: _____	Notes: _____	Other relevant events? _____
Time baby fell asleep: _____	_____	_____
Notes: _____	_____	_____
_____	_____	_____
_____	_____	_____

Born LearningSM is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child’s first teacher, Born Learning educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at www.bornlearning.org.



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