

INSTRUCTIONS FOR COMPLETING YOUR DIARY

- Keep the diary by your bed– this way you are more likely to fill it in at the time and get the details accurate.
- It doesn't matter what day you start the diary on, simply fill in day 1 and move through the week to day 7.
- Please remember to enter your child's name so we know who the diary belongs to!
- Where it says date, please put the date when you begin the diary.
- If the diary isn't large enough make additional notes on a separate sheet.
- Please be honest when filling in the diary.
- If you don't understand something, please ask.
- If competing the diary feels too overwhelming at the moment let us know.





SLEEP DIARY

CHILD'S NAME

CHILD'S AGE

START DATE:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Time they woke up in the morning							
Any naps during the day? Please note time and duration							
Time bedtime routine started							
Time the child was in bed							
Did you stay or did they self settle?							
What time did they go to sleep at?							
Times they woke up in the night/how long were they awake/where did they go back to sleep? Your bed/their bed etc							
Total number of hours sleep							