

# 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.)*

<b>Date:</b>	<b>Morning wake-up time:</b>
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**morning nap**

Time baby went in crib: \_\_\_\_\_

Time baby fell asleep: \_\_\_\_\_

Wake time: \_\_\_\_\_

Notes: \_\_\_\_\_

**afternoon nap**

Time baby went in crib: \_\_\_\_\_

Time baby fell asleep: \_\_\_\_\_

Wake time: \_\_\_\_\_

Notes: \_\_\_\_\_

**late afternoon nap**

Time baby went in crib: \_\_\_\_\_

Time baby fell asleep: \_\_\_\_\_

Wake time: \_\_\_\_\_

Notes: \_\_\_\_\_

**bedtime**

Time bedtime routine began: \_\_\_\_\_

Describe bedtime routine: \_\_\_\_\_

\_\_\_\_\_

Time baby went in crib: \_\_\_\_\_

Time baby fell asleep: \_\_\_\_\_

Notes: \_\_\_\_\_

**night waking**

Time of waking: \_\_\_\_\_

Time in crib awake: \_\_\_\_\_

Length of crying, if any: \_\_\_\_\_

Time fell asleep: \_\_\_\_\_

Notes: \_\_\_\_\_

**other**

Feedings? \_\_\_\_\_

Illness? \_\_\_\_\_

Teething? \_\_\_\_\_

Other relevant events? \_\_\_\_\_

Born Learning<sup>SM</sup> 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](http://www.bornlearning.org).



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