bornlearning℠

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

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℠ 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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