

Your Child's Sleep Diary

Children differ in how much sleep they need, how long it takes them to fall asleep, and how easily they wake up. If you are concerned about your child's sleep habits, talk with your child's doctor. Your child's doctor may ask you to keep a sleep diary to help track your child's sleep habits. Here is a sample chart.

Day of the Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Where your child sleeps							
Average hours of sleep at night							
What your child needs to fall asleep (for example, a favorite toy or blanket)*							
How often your child wakes up during the night							
How you comfort and console your child when they wake up during the night							
The timing and length of naps							
Any changes or stresses in the home							

* Children younger than 1 year should be placed on their backs to sleep on a firm, flat sleep surface with no objects, such as toys or blankets, that could increase the risk of entrapment, suffocation, or strangulation.

Adapted from the American Academy of Pediatrics (AAP) brochure *Sleep Problems in Children*.

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The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.