

# INSTRUCTIONS FOR COMPLETING A SLEEP DIARY



To monitor your child's sleep, we have enclosed a one-week sleep diary for you to complete daily.

Start your diary on the date designated under "Day 1". After your child gets up in the morning, please answer each question on the sleep diary. It is important that you complete this diary every morning. If any unusual event occurs on a particular night (e.g., sickness, emergency, etc.) make a note in the diary.

## PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY:

1. INCLUDE ALL NAPS THAT WERE TAKEN THE PREVIOUS DAY.
2. LIST ALL MEDICATION (PRESCRIBED AND NON-PRESCRIBED): WHAT, HOW MUCH, AND WHEN YOU TOOK IT.
3. LIST ALL CAFFEINATED BEVERAGES (E.G. CAFFEINATED POP, COFFEE, TEA) CONSUMED THE PREVIOUS DAY: WHAT, HOW MUCH, AND WHEN YOU TOOK IT.
4. WRITE IN THE **EXACT TIME** YOUR CHILD WENT TO BED THE PREVIOUS NIGHT.
5. WRITE IN HOW LONG YOU THINK IT TOOK YOUR CHILD TO FALL ASLEEP THE PREVIOUS NIGHT.
6. WRITE IN HOW MANY TIMES YOUR CHILD WOKE UP AND FOR HOW LONG EACH TIME.
7. WRITE IN THE **EXACT TIME** YOUR CHILD GOT OUT OF BED IN THE MORNING.
8. WRITE THE TOTAL AMOUNT OF SLEEP YOUR CHILD HAD THAT NIGHT.



# SLEEP DIARY

NOTE ANY UNUSUAL LIFE EVENTS ON THE BACK, AS NECESSARY

Child's Initials: _____	Example	—/—	—/—	—/—	—/—	—/—	—/—	—/—
		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
When did your child go to bed last night?	8:40 pm							
How long did it take your child to fall asleep last night?	20 minutes							
What were the times and the durations of each awakening during the night?	2AM 10 min 5AM 15 min							
What time did your child get out of bed today?	7:45 am							
How long did your child sleep last night?	10 hrs, 50 min							
Rate your child's overall sleep quality last night (low) 0 - 10 (high)	4							
<u>Yesterday</u> , did your child nap? How long? When?	1-2pm							
<u>Yesterday</u> , did your child consume any prescribed or non-prescribed medication? How much? When?	Children's Tylenol (5mL), 5pm							
<u>Yesterday</u> , did your child consume any caffeinated beverages (iced tea, pop)? What? How much? When?	1 can coke - 6pm							

