



THE SLEEP CHARITY

CHILDRENS SLEEP DIARY



Sleep diaries are useful in establishing sleep patterns. They need to be kept for two weeks and need to be completed honestly.

Filling in the diary will show you the average number of hours sleep per night your child gets, how long it is taking them to fall asleep and the length of the bedtime routine.

As a parent it can give you something proactive to do especially if you think your child has a sleep issue and there are no available appointments or support. It can be a good way of recording data and having information to hand should you need to present to a GP or health professional.

Here are a few tips to help you to keep your child's sleep 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.
- 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.
- Complete it honestly – there is no judgement!
- If completing the diary feels too overwhelming at the moment, don't start it.



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



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