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 | afternoon nap | late afternoon nap |
|---|---|---|
| Time baby went in crib: | Time baby went in crib: | Time baby went in crib: |
| Time baby fell asleep: | Time baby fell asleep: | Time baby fell asleep: |
| Wake time: | Wake time: | Wake time: |
| Notes: | Notes: | Notes: |

| bedtime | night waking | other |
|---|---|---|
| Time bedtime routine began: | Time of waking: | Feedings? |
| Describe bedtime routine: | Time in crib awake: | |
| | Length of crying, if any: | Illness? |
| | Time fell asleep: | |
| Time baby went in crib: | Notes: | Teething? |
| Time baby fell asleep: | | |
| Notes: | | 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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Civitas thanks **Parents as Teachers**, an international early childhood parent education and family support program, for their ongoing support.

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PT/E/0506

Monroe Smart Start Birth-to-Five Coalition
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