

Pediatric Sleep Log

Your child's name: _____

Date of birth: _____

Instructions:

- **Only shade in the periods when your child was actually asleep.** Use ↓ and up arrows only at bedtime. Use ↓ to mark when your child went to bed. Use ↑ to mark times that your child woke up in the morning.
- In the comments section indicate time of any medicines given and time/amount of any caffeine they had.

Example:

- Day 1: Went to bed at 9 p.m., woke up at 1 a.m., fell back asleep at 2 a.m., then woke up at 6 a.m. Took a nap from 1 p.m. to 3 p.m.
- Day 2: Went to bed at 10 p.m. but didn't fall asleep until 11 p.m., no nighttime awakenings, woke up at 5 a.m., nap from 1 p.m. to 3 p.m.

Date	Day	6 p.m.	8 p.m.	10 p.m.	12 a.m.	2 a.m.	4 a.m.	6 a.m.	8 a.m.	10 a.m.	12 p.m.	2 p.m.	4 p.m.	6 p.m.	Comments (Meds/Caffeine)
Example	1			↓	■	■	■	↑				■			Took phenobarbital at 6 a.m.
Example	2			↓	■	■	■	↑				■			Drank 2 Mountain Dew's at 8 p.m.

Date	Day	6 p.m.	8 p.m.	10 p.m.	12 a.m.	2 a.m.	4 a.m.	6 a.m.	8 a.m.	10 a.m.	12 p.m.	2 p.m.	4 p.m.	6 p.m.	Comments (Meds/Caffeine)
	1														
	2														
	3														
	4														
	5														
	6														
	7														
	8														
	9														
	10														
	11														
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