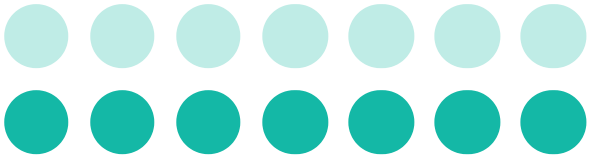
A DIARY TO PRINT AND FILL IN

Two-week sleep diary



A week as normal, then a week with bedtime ten or fifteen minutes earlier.

Child's name _____ **Age** _____ **Starting on** _____

Fill in one row each morning, for the night before.
Your best guess at when your child fell asleep is good enough.
Use the notes for anything that might explain the night: waking, being unwell, a screen at bedtime.

Week one

Change nothing.

		TIME			HOURS OF SLEEP		
Night	Date	Into bed	Asleep	Woke up	At night	Naps	Total
1							
	NOTES						
2							
	NOTES						
3							
	NOTES						
4							
	NOTES						
5							
	NOTES						
6							
	NOTES						
7							
	NOTES						

Add up the seven totals _____ **Divide by 7** _____ **hours of sleep a day in week one**

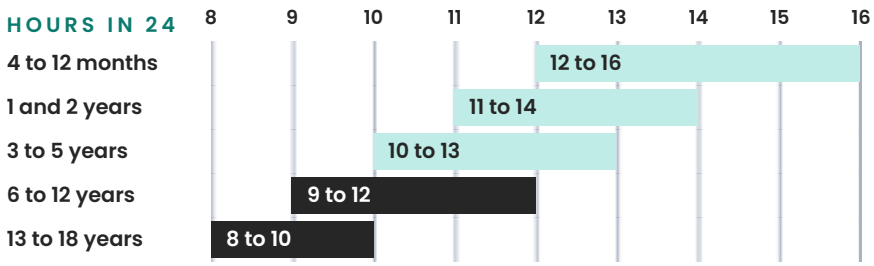
Week two

Bedtime ten or fifteen minutes earlier, every night.

		TIME			HOURS OF SLEEP		
Night	Date	Into bed	Asleep	Woke up	At night	Naps	Total
8							
	NOTES						
9							
	NOTES						
10							
	NOTES						
11							
	NOTES						
12							
	NOTES						
13							
	NOTES						
14							
	NOTES						

Add up the seven totals _____ Divide by 7 _____ hours of sleep a day in week two

How much sleep children need



The pale bars include naps.
Mark your two figures on the bar for your child's age.

Your two weeks

WEEK ONE

hours a day

WEEK TWO

hours a day

DIFFERENCE

hours a day

Does your child sleep badly night after night, or is their breathing disturbed while they sleep?
Ask your GP, and take this sheet with you.

Thirteen sleep specialists agreed these ranges for the American Academy of Sleep Medicine in 2016, and they say that children vary.
Paruthi S and others, Journal of Clinical Sleep Medicine, 2016, doi.org/10.5664/jcsm.5866