Pediatric Sleep Log

Your child’s name: ____________________________  Date of birth: ________________

Instructions:
- Only shade in the periods when your child was actually asleep. Use up and down 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. |
|------|-----|--------|--------|---------|----------|--------|--------|--------|--------|---------|--------|--------|--------|
| Example 1 |      |        |        |         |         |        |        |        |        |         |        |        |        |
| Example 2 |      |        |        |         |         |        |        |        |        |         |        |        |        |

Comments (Meds/Caffeine)
- Took phenobarbitol at 6 a.m.
- Drank 2 Mountain Dews at 8 p.m.

Seattle Children's Sleep Disorders Program