

Pediatric Sleep Log

Your child's name: _____

Date of birth: _____

Instructions:

- 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. **Only shade in the periods when your child was actually asleep.**
- 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., fell asleep 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.	Comments (Meds/Caffeine)
	1			↓	█	█	█	↑				█	█	Took phenobarbital at 6 a.m.
	2			↓	█	█	█	↑				█	█	Drank 2 Mountain Dews 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.	Comments (Meds/Caffeine)
	1													
	2													
	3													
	4													
	5													
	6													
	7													
	8													
	9													
	10													
	11													
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