

Additional notes:

Sleep diary

Using your Sleep Diary

This diary is a simple way to record your child's sleeping pattern for one week.

By filling it in, we can all get a clear picture of what is happening, and support your child to get a better night's sleep.

Use the diary to monitor your child's progress. Congratulate yourself as you identify positive changes.



Sleep diary for

Case number

Date started

scope.org.uk/sleep-right

SCOPE = Equality for disabled people

*Use 24hr time	Example	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Location	Home							
Time and length of daytime naps	15:30, 60 minutes							
Snack eaten before bed	Banana							
Time bedtime routine started	18:30							
How did the routine go? What worked and what didn't work?	Fine, bath was calming and helped transition to bed.							
Time in bed	19:30							
Any problems? If yes, what happened, what did you do?	Yes. Got out of bed and returned twice (toilet).							
Time fell asleep	21:30							
Time and length of night awakenings?	21.45, 12.15, 03.50							
Any problems? If yes, what happened, what did you do?	First and second wakings to use toilet, third he thought it was time to get up for the day.							
Time child woke in the morning and their mood	05:45. Woke up over tired and a bit grumpy.							