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| **\*Use 24-hour clock** | **Example** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **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 routinego?What worked andwhat did not work? | Fine, bath wascalming and helpedtransition to bed. |  |  |  |  |  |  |  |
| **Time in bed** | 19:30 |  |  |  |  |  |  |  |
| Any problems?If yes, whathappened, what didyou do? | Yes. Got out of bedand returned twice(toilet). |  |  |  |  |  |  |  |
| **Time fell asleep** | 21:30 |  |  |  |  |  |  |  |
| **Time and length of****night awakenings?** | 21.45, 12.15, 03.50 |  |  |  |  |  |  |  |
| Any problems?If yes, whathappened, what didyou do? | First and secondwakings to use toilet,third he thought itwas time to get upfor the day. |  |  |  |  |  |  |  |
| **Time child woke in****the morning and****their mood** | 05:45. Woke up overtired and a bitgrumpy. |  |  |  |  |  |  |  |