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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 routine  go?  What worked and  what did not 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. |  |  |  |  |  |  |  |