

Sleep Diary

Keeping a sleep diary helps you get a clearer picture of your baby’s seemingly unpredictable and disorganized sleep habits. Use this form to record the details of your baby’s sleep habits and compare your notes day to day.

(Note: An important part of teaching a baby healthy sleep habits is letting him learn how to fall asleep on his own in his crib. Therefore, even though your baby may have fallen asleep during soothing — while feeding, rocking, etc. — you should note the time he went down in his crib as the official start of his sleep period.)

Date:	Morning wake-up time:	
morning nap	afternoon nap	late afternoon nap
Time baby went in crib:	Time baby went in crib:	Time baby went in crib:
Time baby fell asleep:	Time baby fell asleep:	Time baby fell asleep:
Wake time:	Wake time:	Wake time:
Notes:	Notes:	Notes:
bedtime	night waking	other
Time bedtime routine began:	Time of waking:	Feedings?
Describe bedtime routine:	Time in crib awake:	Illness?
	Length of crying, if any:	
	Time fell asleep:	Teething?
Time baby went in crib:	Notes:	Other relevant events?
Time baby fell asleep:		
Notes:		

Born LearningSM is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child’s first teacher, Born Learning educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at www.bornlearning.org.



Civitas thanks **Parents as Teachers**, an international early childhood parent education and family support program, for their ongoing support. This Civitas tool was adapted for the Born Learning campaign. © 2006 Civitas