

Keeping a Sleep Diary

Sleep diaries are useful in establishing sleep patterns. They should be kept for two weeks and need to be completed honestly.

Filling in the diary will show you the average number of hours of sleep per night your child gets, how long it is taking them to fall asleep and the length of the bedtime routine.

As a parent, it can give you something proactive to do, especially if you think your child has a sleep issue and there are no available appointments or support. It can be a good way of recording data and having information to hand should you need to present to a GP or health professional.

Here are a few tips from **The Sleep Charity** to help you to keep your child's sleep diary:

1. Keep the diary by your bed– this way you are more likely to fill it in at the time so the details are accurate.
2. It doesn't matter what day you start the diary on - simply fill in day one and move through the week to day seven.
3. Where it says date, please put the date that you begin the diary.
4. If the diary isn't large enough, make additional notes on a separate sheet.
5. Please be honest when filling in the diary.
6. If you don't understand something, please contact **The Sleep Charity** for advice.
7. If completing the diary feels too overwhelming at the moment, don't start it.

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.



Children's Sleep Diary

Start date:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Time they woke up in the morning

Any naps during the day - note the duration

Time bedtime routine started

Time the child was in bed

Did you stay or did they self-settle?

What time did they go to sleep?

Times they woke up in the night/ how long were they awake/where did they go back to sleep? Your bed/ their bed, etc.

Total number of hours sleep
