

Sleep Tracking

Crutch To Peaceful Sleep

Why sleep tracking?

Sleep Tracking: Your Start To Better Rest

Tracking your child's sleep can be incredibly beneficial as you embark on your journey toward getting more rest and sleep for you and your family! It allows you to recognize patterns related to nighttime sleep, waking times, total sleep duration, and even specific behaviors that your child may be experiencing.

Child Information

- Name: _____
- Date of Birth: _____
- Age: _____
- Parent/Guardian Name: _____

Daily Sleep Log

Date	Bedtime	Time Fell Asleep	Night Wakings (Times & Duration)	Wake-up Time	Total Night Sleep (hrs)	Naps (Start-End)	Total Nap Time (hrs)	Total Sleep (24 hrs)	Notes (Mood, Behavior, Feeding, Illness, etc.)

Weekly Summary

Week of	Average Bedtime	Average Wake-up Time	Average Night Sleep (hrs)	Average Nap Time (hrs)	Average Total Sleep (hrs)	Observations/Concerns

Sleep Environment

- Describe The Room
-
-
-

Notes

This sheet can be printed and filled out daily to help track sleep patterns, identify concerns, and share with Adriana to help you navigate your journey to better sleep!

Need help interpreting your child's sleep patterns?

Book your free consultative discovery call at crutchtopeacefulsleep.com!



© Crutch To Peaceful Sleep LLC