

SLEEP DIARY

Child's name: _____

Sleep Diary Key

- ↓ When child is placed in bed
- ↑ When child gets out of bed
- When child is asleep
- When child is awake

[illegible]

SLEEPING SOUND AUTISM

HOW TO FILL IN A SLEEP DIARY

The sleep diary is a record of a child's sleeping pattern over two weeks. It allows us to see how much sleep a child has and what their sleep rhythms are over a 24hr period.

The diary records from midnight to midnight (MN). Place a ↓ when a child goes to bed with the lights off. Shade/colour in when a child falls asleep. Each square represents an hour. If they wake up, stop shading the squares to show how long they are awake. For example, if a child wakes up for 30 minutes, only shade half the square. Place a ↑ to indicate when a child starts the day. Try to record the night sleep each morning so we can get an accurate picture of a child's sleeping patterns. Make sure to fill in all of a child's sleep during the day including naps and any other time a child falls asleep (i.e. in the car). In the column marked "events/medications", list anything you may feel is relevant to their sleep. For example, illness, taking antibiotics, or something other than their normal routine.