

Prebedtime Routine Log

Baby's Name: _____

Age: _____

Date: _____

Key:

Activity: active, moderate, or calm

Noise: loud, moderate, or quiet

Light: bright, dim, or dark

Time	What we did	Activity level	Noise level	Light level

1. Do you have a formal, consistent bedtime routine? _____
2. Is the hour prior to bedtime mostly peaceful, quiet, and dimly lit? _____
3. Does your bedtime routine help both you and your baby relax and get sleepy? _____
4. Any other observations about your current bedtime routine? _____

