

Sleep Questions

- 1. Review Table 2.1 on page 48:
How many hours of nighttime sleep *should* your baby be getting? _____
How many hours of nighttime sleep is your baby getting *now*? _____
How many total hours of nighttime and naptime sleep *should* your baby be getting? _____
How many total hours of nighttime and naptime sleep is your baby getting *now*? _____
How do the suggested hours of sleep compare to your baby’s actual hours of sleep?
 Gets _____ hours too little sleep
 Gets _____ hours too much sleep
- 2. Is your baby’s bedtime consistent (within ½ hour) every night? _____
- 3. Do you “help” your baby to go back to sleep every time, or nearly every time he or she awakens? _____
How do you do this? _____
- 4. What have you learned about your baby’s sleep by doing this log?

