

Nap Log

Name: _____

Age: _____

Date: _____

Time child fell asleep and woke up*	How child fell asleep	Where child slept	How long child slept	Awake time from previous waking to this sleep time
7:00	Morning wake-up time			
10:00–11:30	Swaddled and swinging	In his swing	1 hour, 30 minutes	3 hours

*You may want to round numbers to make the chart easier to analyze.

Daily Schedule Log

Name: _____

Age: _____

Date: _____

Record these activities:

Wake up (in the morning and after naps)*

Eat (include meals and snacks)

Fall asleep (include naps and bedtime)

Time	Activity
7:00	Wake up

*If night waking is a problem, refer to the information about night sleep on my website at www.nocrysleepsolution.com.