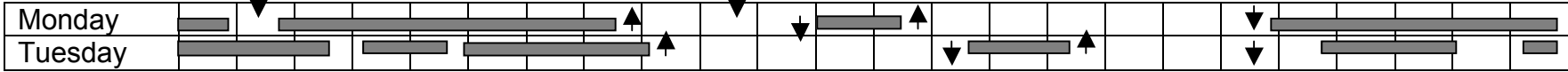


Sleep Diary

Leave blank the periods when your child is awake

Mark the time your child goes to bed with arrows pointing downwards



Fill in the times your child is asleep with shaded boxes

Mark the time you child gets up, and after naps, with arrows pointing upwards

Mark times your child wakes with night terrors with an X

DAY	midnight	2 am	4 am	6 am	8 am	10 am	12 noon	2 pm	4 pm	6 pm	8 pm	10 pm	12