

Sleep Log (children 10 and under) *Please do not leave any boxes blank. If you are unsure of an answer, please still write down an estimate.*

Your child's sleep last night		e.g., Thurs 28.7.16						
Please complete this each morning	1. At what time did your child wake up this morning?	7am						
	2. At what time did your child turn the lights out last night?	8pm						
	3. Did your child go to bed willingly? 0 = unwilling (it was a battle) 10 = willing	7						
	4. About how long did it take them to fall asleep (minutes)?	45 mins						
	5. Did they need parent help to get to sleep? (describe)	YES (stayed in room)						
	6. How many times did they wake up <i>during</i> the night?	3						
	7. Did they need parent help to resettle? (yes or no)	YES						
	5. How long was each awaking <i>during</i> the night?	10, 10, 20						
6. About how long did your child sleep altogether? (in hours & minutes)	7 hrs 35 mins							
7. How alert/refreshed did your child seem on waking? 0 = not at all refreshed 10 = extremely refreshed	7							
8. What sleep medication, if any, did your child take last night?	Melatonin 2mg							
Your day today								
Please complete this each evening	1. How much energy did your child have today? 0 = none 10 = maximum	5						
	2. Was your child in good spirits today? 0 = sad/irritable 10 = happy/easy going	6						
	3. What was your child doing in the 30 minutes before bed? (TV/reading/bath/computer games/playing)							
	4. Any other comments/observations?							