

Sleep Diary

Name: _____

Example

Date	4/5/2012							
1. What time did your child go to bed?	10:15pm							
2. What time did your child start trying to sleep?	10:55pm							
3. How long did it take your child to fall asleep?	55 minutes							
4. How many times did your child wake up from his/her sleep? This does not include the final waking in the morning.	3							
5. How long had your child stayed awake in the midnight, in total?	1 hour 10 mins							
6. What time did your child wake up?	6:35am							
7. What time did your child get out of bed?	7:20am							
8. Rate your child's sleep quality.	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good
9. Did your child nap today? If so, what time? For how long?	1:00pm/ 30 mins							
10. Other comments	Running nose							



Sleep
Research Clinic
and Laboratory

