



















Kids Sleep Diary

NAME: _____ AGE: _____

Every morning when you get up complete the sleep diary for the previous night.
For example, on Monday morning fill in the information for Sunday night.

	1 LAST NIGHT I WENT TO BED AT:	2 THIS MORNING I WOKE UP AT:	3 IT TOOK ME _____ MINUTES TO FALL ASLEEP:	4 TOTAL AMOUNT OF SLEEP:
Sunday (example)	 12:15	 9:20	25	9' 10"
Sunday	 _____	 _____	_____	_____
Monday	 _____	 _____	_____	_____
Tuesday	 _____	 _____	_____	_____
Wednesday	 _____	 _____	_____	_____
Thursday	 _____	 _____	_____	_____
Friday	 _____	 _____	_____	_____
Saturday	 _____	 _____	_____	_____