

SLEEP TRACKER

GOOD SLEEP BEGETS GOOD SLEEP

Each 24 hour cycle affects the next 24 hour cycle for your child. Which is why sometimes we can feel like things begin to spiral after a couple of hard days. If you are having trouble with nap timings, early morning wakings or any other tricky sleep areas, tracking your child's sleep can be incredibly helpful in putting the pieces together.

And I know-- there are a thousand Baby Apps out there where you can track sleep on your phone, but sometimes a good old pen and paper can really help you put all the pieces of your day together when you see them side by side . So go ahead and print this easy Sleep Log to begin tracking your little one's sleep!

DON'T FORGET: If you would like to [book in a call](#) with a Sleep Coach to discuss your child's sleep, a log can be EXTREMELY helpful to your coach and help you be-gettin' that good sleep!



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Peachtree City, GA

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Day of the Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Child's Name and Age:														
Date														
Plan Night #:														
AM Wake Time:														
1st Nap														
Time in crib/bed:														
Time asleep:														
Time awake:														
Total duration:														
Notes:														
2nd Nap														
Time in crib/bed:														
Time asleep:														
Time awake:														
Total duration:														
Notes:														
3rd Nap														
Time in crib/bed:														
Time asleep:														
Time awake:														
Total duration:														
Notes:														
4th Nap														
Time in crib/bed:														
Time asleep:														
Time awake:														
Total duration:														
Notes:														
5th Nap														
Time in crib/bed:														
Time asleep:														
Time awake:														
Total duration:														
Notes:														
Bedtime														
Time in crib/bed:														
Time asleep:														
Notes:														
Night Wakings														
Time/Duration:														
Time/Duration:														
Time/Duration:														
Time/Duration:														

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