

SLEEP DIARY



Try to complete this record for a full week to help identify patterns and highlight areas to work on.

Date							
Time woke in morning							
Mood upon waking							
Time and length of daytime naps							
Activities, routine and snacks after tea time							
Start time of bedtime routine in bedroom							
Time child went to bed							
Behaviour at bedtime and who put child to bed							
Time child fell sleep							
Time(s) woke in the night & duration of wakefulness							
Behaviour on night time waking. What did child do? What did you do?							

SLEEP DIARY

REFLECTION AND PLANNING | Remember – most sleep difficulties can be resolved. Develop a good bedtime routine, strict boundaries and be consistent.

What has the bedtime routine been like for the last week? (30 - 45 mins before bedtime)

What does the child usually eat/drink in the hour before bed?

What activities does the child typically do in the lead up to bedtime, and where?

How does my child usually behave at bedtime?

Bedtime routine plan - What will my child's new bedtime routine look like?

Evening snack before going upstairs:

Activities and approximate times:

How do I want my child to behave at bedtime, and how do I want to act?

Top tips:

- Follow the same bedtime routine every night and enforce boundaries.
- Evening snack should be before going upstairs, and avoid sugar and caffeine.
- Include a bath or shower before bed – create a relaxing environment for this.
- Once the bedtime routine begins after bath, the child should stay in their bedroom.
- Bedroom should be dimly lit, quiet, tidy and cool.
- Avoid use of screens and digital devices in the bedroom, and they should never be part of the bedtime routine.
- Include reading as part of the bedtime routine.
- Remind your child what you expect of them, if they play up keep calm and continue to remind them what you would like them to be doing.

If your child doesn't settle to sleep within 15 minutes...

What does your child usually do when they can't sleep?

What do you usually do when they aren't going to sleep?

Can you identify why you think they aren't able to fall sleep?

What can you do differently during the bedtime routine to help them get ready for sleep?

If your child often wakes in the night

What usually happens when your child wakes? How is the waking dealt with?

If the child wants someone or something when they wake, what boundaries can you set to phase out the waking?

Top tips:

- Check your child's bedtime is appropriate for their age and usual sleep patterns.
- Assess their bedtime routine – change evening snack, make routine longer, remove devices earlier, include more relaxing activities, and keep to a regular daily routine.
- Is your response to them not going to sleep helpful?
- Don't instruct them to "go to sleep", but ask them to lie still quietly in their bed.
- Is the child relying on something to help them sleep that you can phase out?
- Phasing out comforts like a parent's presence, tv on, light on etc isn't easy and things will get worse before they get better, but consistent boundaries and consistent responses will help you get there.