

Sleep Diary

Guidelines: 0-3 months: 14-18 hours, 4-12 months: 12-16 hours; 1-2 years: 11-14 hours; 3-5 years: 10-13 hours; 6-12 years: 9-12 hours; 13-18 years: 8-10 hours

Day	Total hours of sleep/ 24 hours (eg. 7am-7am, include naps + night time sleep)	Daytime behaviour & signs of tiredness (be specific e.g cranky, rubbing eyes etc)	Night time behaviour (e.g disrupted sleep, nightmares, snoring, coughing, sweating etc)
1			
2			
3			
4			
5			

