



## 20 BETTER SLEEP BASICS

## Prebedtime Routine Log

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

**Activity:** active, moderate, or calm

**Noise:** loud, moderate, or quiet

**Light:** bright, dim, or dark

If your child gets up after being put to bed, include those details in this log.

Time	What we did	Activity level	Noise level	Light level
6:00	Ate dinner	Moderate	Moderate	Bright
	Asleep in bed			

## Night-Waking Log

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

Time	How child woke me up	How long awake; what we did	How child fell back to sleep	How long child has slept since last falling asleep
10:40	Cried and called me	15 minutes; rocked	Being rocked	2 hours 10 minutes

### Night-Waking Log Summary

Asleep time: \_\_\_\_\_

Awake time: \_\_\_\_\_

Total number of awakenings: \_\_\_\_\_

Longest sleep span: \_\_\_\_\_

Total hours of sleep: \_\_\_\_\_

## Sleep Plan Questions

Take some time to review the logs you've created as well as the sleep facts in Part I and read the eight tips in Part II. Then answer the following questions:

1. Review Table 1.2 on page 12:
  - How many hours of nighttime sleep should your child be getting? \_\_\_\_\_
  - How many hours of nighttime sleep is your child getting now? \_\_\_\_\_
  - How many hours of daytime sleep (naps) should your child be getting? \_\_\_\_\_
  - How many hours of daytime sleep (naps) is your child getting now? \_\_\_\_\_
  - How many total hours of sleep should your child be getting? \_\_\_\_\_
  - How many total hours of sleep is your child getting now? \_\_\_\_\_
  - How do the suggested hours of sleep in the table compare to your child's actual hours of sleep?
    - Gets \_\_\_\_\_ hours too little daytime sleep
    - Gets \_\_\_\_\_ hours too much daytime sleep
    - Gets \_\_\_\_\_ hours too little nighttime sleep
    - Gets \_\_\_\_\_ hours too much nighttime sleep
2. Does your child have any of the signs of sleep deprivation listed on pages 12 and 13? \_\_\_\_\_ How many? \_\_\_\_\_
3. Does your child have a wind-down or quiet time before bed? \_\_\_\_\_
4. Is the hour prior to bedtime mostly peaceful, quiet, and dimly lit? \_\_\_\_\_
5. Is your child's bedtime consistent (within a half hour) every night? \_\_\_\_\_

