

Infant Sleep Log

Date Day 1: _____

Day / Time	6 ⁰⁰	7 ⁰⁰	8 ⁰⁰	9 ⁰⁰	10 ⁰⁰	11 ⁰⁰	12 ⁰⁰	13 ⁰⁰	14 ⁰⁰	15 ⁰⁰	16 ⁰⁰	17 ⁰⁰	18 ⁰⁰	19 ⁰⁰	20 ⁰⁰	21 ⁰⁰	22 ⁰⁰	23 ⁰⁰	24 ⁰⁰	1 ⁰⁰	2 ⁰⁰	3 ⁰⁰	4 ⁰⁰	5 ⁰⁰	6 ⁰⁰		
Day 1																											
Day 2																											
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Day 13																											
Day 14																											
Time	6 ⁰⁰	7 ⁰⁰	8 ⁰⁰	9 ⁰⁰	10 ⁰⁰	11 ⁰⁰	12 ⁰⁰	13 ⁰⁰	14 ⁰⁰	15 ⁰⁰	16 ⁰⁰	17 ⁰⁰	18 ⁰⁰	19 ⁰⁰	20 ⁰⁰	21 ⁰⁰	22 ⁰⁰	23 ⁰⁰	24 ⁰⁰	1 ⁰⁰	2 ⁰⁰	3 ⁰⁰	4 ⁰⁰	5 ⁰⁰	6 ⁰⁰		

child asleep 

child awake (leave blank)




child crying 

meals 

How to keep the sleep log

The log serves the purpose of determining your child's sleeping pattern (e.g. duration of sleep, sleep onset and waking times).

Please keep this log for 14 days. You record your child's behaviour by using specific markings in the corresponding hours in the log.

- Sleeping phases with a horizontal straight line 
- Crying or whining phases with wavy lines 
- Feeding/meal times or drinking with large dots 
- Awake phases are to be left empty

On the basis of your detailed record-keeping we can recognise your child's sleep/awake pattern and advise you individually.

Day / Time	6 ⁰⁰	7 ⁰⁰	8 ⁰⁰	9 ⁰⁰	10 ⁰⁰	11 ⁰⁰	12 ⁰⁰
Day 1	—	—	—	—	—	—	—
Day 2	—	—	—	—	—	—	—
Day 3	—	—	—	—	—	—	—
Day 4	—	—	—	—	—	—	—
Day 5	—	—	—	—	—	—	—