**Logo

Description automatically generated**

**BABY SLEEP LOG**

**Frequently Asked Questions**

**When should I start recording my baby’s sleep?**

On the day your visit is scheduled, you will start recording your baby’s sleep patterns starting at noon (12:00 PM). If you receive this sleep diary and your baby’s sleep watch after 12:00 PM, then you will recall their sleep and wake patterns from since 12:00 PM.

**Is it okay to take my baby’s sleep watch off briefly for baths, swimming, and diaper changes?**

Yes. However, please remember to place the sleep watch back on as soon as these events are over. Please note any sleep watch removals in the log.

**What if I help my baby sleep with movement (e.g., car rides, high-speed swings, strollers, vibrating bouncers, “baby-wearing” with wraps, slings, carriers)?**

We ask that you do your best to **avoid using high movement methods to keep your baby asleep during the five days of recording as much as possible**. This is important for two reasons:

1. The sleep watch decides whether your baby is asleep or awake based on their movements. If, for example, you baby fell asleep in a vibrating bouncer, the sleep watch will “think” your baby is awake because of the movement from the bouncer.
2. The American Academy of Pediatrics (AAP) advises parents against using infant swings for sleeping babies for safety reasons. If your baby falls asleep in a swing, car seat or bouncer, the AAP recommends that you move your baby to a firm sleep surface as soon as possible.

Please use none-to-low movement methods to soothe your baby such as gentle rocking, holding, swaying, or a low-speed swing with no additional vibration for only the first 10-15 minutes. You may want to consider using a timer, if available, on any swings or bouncers to shut off the swing/bouncer within those first 10-15 minutes of sleep.We understand that sleep with no “outside” movement is sometimes unavoidable (example: driving in the car), and there will be moments as a mom when a swing is particularly helpful. We only ask that you try your best and note in the sleep log if high movement methods were used.

**ID:\_\_\_999.1\_\_\_ SAMPLE SLEEP LOG Dates: \_4\_/\_2\_/\_2021\_\_\_ - \_4\_/\_3\_/\_\_2021\_\_\_\_**

**Instruction:** Draw a line through the times your baby was asleep (including naps). Each box represents one hour.

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| **Date: \_4\_ / \_2\_ / \_2021\_** | | | | | | | | | | | | **Date: \_4\_ / \_3\_ / \_2021\_** | | | | | | | | | | | |
| Dim (Smaller Sun) with solid fill12:00 PM | 1:00 PM | 2:00 PM | 3:00 PM | 4:00 PM | 5:00 PM | 6:00 PM | 7:00 PM | 8:00 PM | 9:00 PM | 10:00 PM | 11:00 PM | Moon with solid fill12:00 AM | 1:00 AM | 2:00 AM | 3:00 AM | 4:00 AM | 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM |
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**Afternoon / Evening Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: 12:15\_(hh:mm) ̶ 2\_:\_00\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_4:30\_(hh:mm) ̶ \_5\_:25\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 3: \_\_:\_\_\_(hh:mm) ̶ \_\_:\_\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Night Time Report:**

Nighttime Bedtime **[Event Marker]**: \_7\_:45\_ (hh:mm) AM/PM [Time you started attempting to settle your baby to sleep for the night.]

* How long did it take your baby to fall asleep last night? \_\_\_\_\_\_5\_\_\_\_\_\_(minutes) ● Number of night awakenings?\_\_\_2\_\_\_\_

Morning Wake-up Time **[Event Marker]**: 5\_:10\_ (hh:mm) AM /PM

Did sleep occur while being carried, or in a swing, vibrating bouncer, car, or stroller? Circle one. **Yes No** If yes, when:\_\_7:45-7:50 PM

**Morning Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: 7\_:30\_(hh:mm) ̶ 8\_:\_05\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: 9\_:35\_(hh:mm) ̶ 10:\_15\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 3: \_\_:\_\_\_(hh:mm) ̶ \_\_:\_\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Sleep Watch Removed Times:**

Time #1: 7\_:10\_(hh:mm) ̶ 7\_:\_20\_(hh:mm) AM / PM Time #2: \_\_:\_\_\_(hh:mm) ̶ \_\_:\_\_\_\_(hh:mm) AM / PM

**Comments:**

First day without using the swing to soothe my baby to sleep. It went better than I expected.

**ID:\_\_\_\_\_\_\_\_\_\_\_ PRACTICE SLEEP LOG Dates: \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_ - \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_\_\_**

**Instruction:** Draw a line through the times your baby was asleep (including naps). Each box represents one hour.

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| **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | | **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | |
| Dim (Smaller Sun) with solid fill12:00 PM | 1:00 PM | 2:00 PM | 3:00 PM | 4:00 PM | 5:00 PM | 6:00 PM | 7:00 PM | 8:00 PM | 9:00 PM | 10:00 PM | 11:00 PM | Moon with solid fill12:00 AM | 1:00 AM | 2:00 AM | 3:00 AM | 4:00 AM | 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Afternoon / Evening Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:­\_\_\_(hh:mm) ̶ \_\_\_:­\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Night Time Report:**

Nighttime Bedtime **[Event Marker]**: \_\_\_:­\_\_\_ (hh:mm) AM/PM [Time you started attempting to settle your baby to sleep for the night.]

* How long did it take your baby to fall asleep last night? \_\_\_\_\_\_\_\_\_\_\_\_\_(minutes) ● Number of night awakenings?\_\_\_\_\_\_\_\_

Morning Wake-up Time **[Event Marker]**: \_\_\_:\_\_\_ (hh:mm) AM /PM

Did sleep occur while being carried, or in a swing, vibrating bouncer, car, or stroller? Circle one. **Yes No** If yes, when:\_\_\_\_\_\_\_\_\_\_\_\_\_

**Morning Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:\_\_\_(hh:mm) ̶ ­\_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

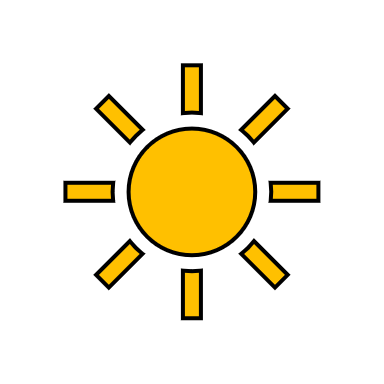
Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Sleep Watch Removed Times:**

Time #1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM Time #2: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM

**Comments:**

**ID:\_\_\_\_\_\_\_\_\_\_\_ SLEEP LOG DAY 1 Dates: \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_ - \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_\_\_**

**Instruction:** Draw a line through the times your baby was asleep (including naps). Each box represents one hour.

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| **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | | **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | |
| 12:00 PM | 1:00 PM | 2:00 PM | 3:00 PM | 4:00 PM | 5:00 PM | 6:00 PM | 7:00 PM | 8:00 PM | 9:00 PM | 10:00 PM | 11:00 PM | Moon with solid fill12:00 AM | 1:00 AM | 2:00 AM | 3:00 AM | 4:00 AM | 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM |
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**Afternoon / Evening Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:­\_\_\_(hh:mm) ̶ \_\_\_:­\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Night Time Report:**

Nighttime Bedtime **[Event Marker]**: \_\_\_:­\_\_\_ (hh:mm) AM/PM [Time you started attempting to settle your baby to sleep for the night.]

* How long did it take your baby to fall asleep last night? \_\_\_\_\_\_\_\_\_\_\_\_\_(minutes) ● Number of night awakenings?\_\_\_\_\_\_\_\_

Morning Wake-up Time **[Event Marker]**: \_\_\_:\_\_\_ (hh:mm) AM /PM

Did sleep occur while being carried, or in a swing, vibrating bouncer, car, or stroller? Circle one. **Yes No** If yes, when:\_\_\_\_\_\_\_\_\_\_\_\_\_

**Morning Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:\_\_\_(hh:mm) ̶ ­\_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

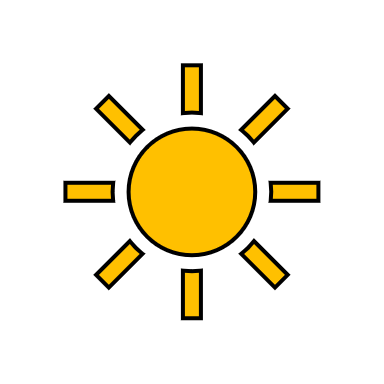
Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Sleep Watch Removed Times:**

Time #1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM Time #2: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM

**Comments:**

**ID:\_\_\_\_\_\_\_\_\_\_\_ SLEEP LOG DAY 2 Dates: \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_ - \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_\_\_**

**Instruction:** Draw a line through the times your baby was asleep (including naps). Each box represents one hour.

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| **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | | **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | |
| 12:00 PM | 1:00 PM | 2:00 PM | 3:00 PM | 4:00 PM | 5:00 PM | 6:00 PM | 7:00 PM | 8:00 PM | 9:00 PM | 10:00 PM | 11:00 PM | Moon with solid fill12:00 AM | 1:00 AM | 2:00 AM | 3:00 AM | 4:00 AM | 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM |
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**Afternoon / Evening Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:­\_\_\_(hh:mm) ̶ \_\_\_:­\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Night Time Report:**

Nighttime Bedtime **[Event Marker]**: \_\_\_:­\_\_\_ (hh:mm) AM/PM [Time you started attempting to settle your baby to sleep for the night.]

* How long did it take your baby to fall asleep last night? \_\_\_\_\_\_\_\_\_\_\_\_\_(minutes) ● Number of night awakenings?\_\_\_\_\_\_\_\_

Morning Wake-up Time **[Event Marker]**: \_\_\_:\_\_\_ (hh:mm) AM /PM

Did sleep occur while being carried, or in a swing, vibrating bouncer, car, or stroller? Circle one. **Yes No** If yes, when:\_\_\_\_\_\_\_\_\_\_\_\_\_

**Morning Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:\_\_\_(hh:mm) ̶ ­\_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

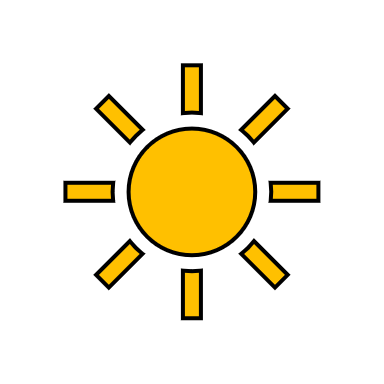
Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Sleep Watch Removed Times:**

Time #1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM Time #2: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM

**Comments:**

**ID:\_\_\_\_\_\_\_\_\_\_\_ SLEEP LOG DAY 3 Dates: \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_ - \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_\_\_**

**Instruction:** Draw a line through the times your baby was asleep (including naps). Each box represents one hour.

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| **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | | **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | |
| 12:00 PM | 1:00 PM | 2:00 PM | 3:00 PM | 4:00 PM | 5:00 PM | 6:00 PM | 7:00 PM | 8:00 PM | 9:00 PM | 10:00 PM | 11:00 PM | Moon with solid fill12:00 AM | 1:00 AM | 2:00 AM | 3:00 AM | 4:00 AM | 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM |
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**Afternoon / Evening Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:­\_\_\_(hh:mm) ̶ \_\_\_:­\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Night Time Report:**

Nighttime Bedtime **[Event Marker]**: \_\_\_:­\_\_\_ (hh:mm) AM/PM [Time you started attempting to settle your baby to sleep for the night.]

* How long did it take your baby to fall asleep last night? \_\_\_\_\_\_\_\_\_\_\_\_\_(minutes) ● Number of night awakenings?\_\_\_\_\_\_\_\_

Morning Wake-up Time **[Event Marker]**: \_\_\_:\_\_\_ (hh:mm) AM /PM

Did sleep occur while being carried, or in a swing, vibrating bouncer, car, or stroller? Circle one. **Yes No** If yes, when:\_\_\_\_\_\_\_\_\_\_\_\_\_

**Morning Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:\_\_\_(hh:mm) ̶ ­\_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

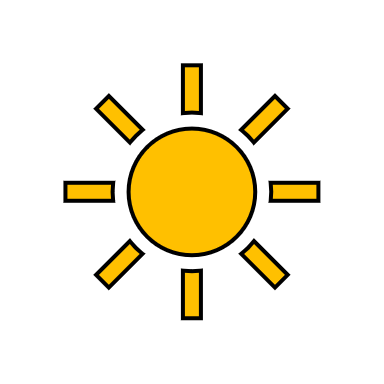
Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Sleep Watch Removed Times:**

Time #1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM Time #2: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM

**Comments:**

**ID:\_\_\_\_\_\_\_\_\_\_\_ SLEEP LOG DAY 4 Dates: \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_ - \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_\_\_**

**Instruction:** Draw a line through the times your baby was asleep (including naps). Each box represents one hour.

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| **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | | **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | |
| 12:00 PM | 1:00 PM | 2:00 PM | 3:00 PM | 4:00 PM | 5:00 PM | 6:00 PM | 7:00 PM | 8:00 PM | 9:00 PM | 10:00 PM | 11:00 PM | Moon with solid fill12:00 AM | 1:00 AM | 2:00 AM | 3:00 AM | 4:00 AM | 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM |
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**Afternoon / Evening Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:­\_\_\_(hh:mm) ̶ \_\_\_:­\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Night Time Report:**

Nighttime Bedtime **[Event Marker]**: \_\_\_:­\_\_\_ (hh:mm) AM/PM [Time you started attempting to settle your baby to sleep for the night.]

* How long did it take your baby to fall asleep last night? \_\_\_\_\_\_\_\_\_\_\_\_\_(minutes) ● Number of night awakenings?\_\_\_\_\_\_\_\_

Morning Wake-up Time **[Event Marker]**: \_\_\_:\_\_\_ (hh:mm) AM /PM

Did sleep occur while being carried, or in a swing, vibrating bouncer, car, or stroller? Circle one. **Yes No** If yes, when:\_\_\_\_\_\_\_\_\_\_\_\_\_

**Morning Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:\_\_\_(hh:mm) ̶ ­\_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

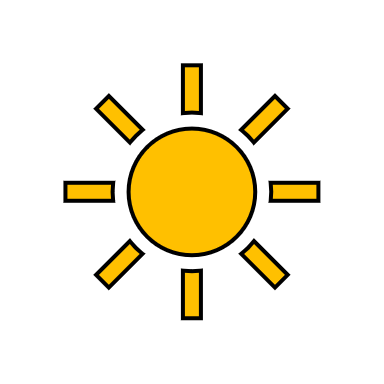
Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Sleep Watch Removed Times:**

Time #1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM Time #2: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM

**Comments:**

**ID:\_\_\_\_\_\_\_\_\_\_\_ SLEEP LOG DAY 5 Dates: \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_ - \_\_\_/\_\_\_/\_\_\_\_\_\_\_\_\_\_**

**Instruction:** Draw a line through the times your baby was asleep (including naps). Each box represents one hour.

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| **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | | **Date: \_\_\_ / \_\_\_ / \_\_\_\_\_\_** | | | | | | | | | | | |
| 12:00 PM | 1:00 PM | 2:00 PM | 3:00 PM | 4:00 PM | 5:00 PM | 6:00 PM | 7:00 PM | 8:00 PM | 9:00 PM | 10:00 PM | 11:00 PM | Moon with solid fill12:00 AM | 1:00 AM | 2:00 AM | 3:00 AM | 4:00 AM | 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Afternoon / Evening Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:­\_\_\_(hh:mm) ̶ \_\_\_:­\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Night Time Report:**

Nighttime Bedtime **[Event Marker]**: \_\_\_:­\_\_\_ (hh:mm) AM/PM [Time you started attempting to settle your baby to sleep for the night.]

* How long did it take your baby to fall asleep last night? \_\_\_\_\_\_\_\_\_\_\_\_\_(minutes) ● Number of night awakenings?\_\_\_\_\_\_\_\_

Morning Wake-up Time **[Event Marker]**: \_\_\_:\_\_\_ (hh:mm) AM /PM

Did sleep occur while being carried, or in a swing, vibrating bouncer, car, or stroller? Circle one. **Yes No** If yes, when:\_\_\_\_\_\_\_\_\_\_\_\_\_

**Morning Nap Times:** Press **Event Marker** at the beginning of a nap. **Circle one:**

Nap # 1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 2: \_\_\_:\_\_\_(hh:mm) ̶ ­\_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

Nap # 3: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) While being carried, or in a swing, vibrating bouncer, car, or stroller? **Yes No**

**Sleep Watch Removed Times:**

Time #1: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM Time #2: \_\_\_:\_\_\_(hh:mm) ̶ \_\_\_:\_\_\_(hh:mm) AM / PM

**Comments:**