

The moment you find a routine

This handy sleep chart can be used to work out your little one's sleeping patterns.

How to use the sleep chart

- Shade the time boxes to show when your baby is asleep.
- A space has been provided for each time slot so that you can write in the exact time your baby went to sleep and the time that they woke up.
- Use the comments section to add useful information such as any disturbances to sleep, any changes to the routine you have made, how you settled your baby to sleep or the reason that they woke up e.g. hungry.
- Once you have completed this chart you can use this in discussions with your health professional to find potential solutions to sleep problems.

Date:	Midnight											Midday												
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
MONDAY																								
Notes																								
TUESDAY																								
Notes																								
WEDNESDAY																								
Notes																								
THURSDAY																								
Notes																								
FRIDAY																								
Notes																								
SATURDAY																								
Notes																								
SUNDAY																								
Notes																								