**Sleep Diary**

Child:

Week of:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Time put to bed | Time fell asleep | Nighttime awakening(time/how long) | Describe nighttime awakening | Time awoke | Describe any naps |
| **Sunday** |  |  |  |  |  |  |
| **Monday** |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |

*Sleep Better! A Guide to Improving Sleep for Children with Special Needs, Revised Edition*, by V. Mark Durand

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