

SLEEP JOURNAL for ADULTS and CHILDREN								
Time	Sample	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	M, TV/C							
9am								
10am								
11am								
12pm – Noon	M							
1pm	Q							
2pm								
3pm								
4pm								
5pm	M							
6pm								
7pm	E							
8pm	M							
9pm								
10pm	TV							
11pm								
12am - Midnight								
1am								
2am								
3am								
4am								
5am								
6am								
7am	WA							
Total Sleep	8 Hrs							

KEY		
For sleeping:	Shade areas when sleeping S = Spontaneously wakes up WA = Woken by alarm/other	For eating: M = Meal Sn = Snack D = Sugar or caffeine
		For play: Q = Quiet time TV/C = Screen time E = Exercise or Active Play

Adult or Child: _____ Age: _____ Any recent life-changes or special situations? _____

List what you observed this week: _____