

# Sleep Data Sheet

|   | Date:               | Date:               | Date:               | Date:               | Date:               | Date:               | Date:               |
|---|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>Daytime Habits</b>                                 | Minutes spent in:   | Minutes spent in:   | Minutes spent in:   | Minutes spent in:   | Minutes spent in:   | Minutes spent in:   | Minutes spent in:   |
|   | Exercise _____      | Exercise _____      | Exercise _____      | Exercise _____      | Exercise _____      | Exercise _____      | Exercise _____      |
|   | Naps _____          | Naps _____          | Naps _____          | Naps _____          | Naps _____          | Naps _____          | Naps _____          |
| <b>Caffeine</b>                                       | Amount (mg) _____   | Amount (mg) _____   | Amount (mg) _____   | Amount (mg) _____   | Amount (mg) _____   | Amount (mg) _____   | Amount (mg) _____   |
| <b>Morning light?</b>                                 | Yes No              | Yes No              | Yes No              | Yes No              | Yes No              | Yes No              | Yes No              |
| <b>Evening Activities (stop time)</b>                 | Dinnertime ___pm    | Dinnertime ___pm    | Dinnertime ___pm    | Dinnertime ___pm    | Dinnertime ___pm    | Dinnertime ___pm    | Dinnertime ___pm    |
|   | Screen time ___pm   | Screen time ___pm   | Screen time ___pm   | Screen time ___pm   | Screen time ___pm   | Screen time ___pm   | Screen time ___pm   |
|   | Exercise ___pm      | Exercise ___pm      | Exercise ___pm      | Exercise ___pm      | Exercise ___pm      | Exercise ___pm      | Exercise ___pm      |
| <b>Last 5 things you did before bedtime</b>           | Time started:___ pm | Time started:___ pm | Time started:___ pm | Time started:___ pm | Time started:___ pm | Time started:___ pm | Time started:___ pm |
|   | 1                   | 1                   | 1                   | 1                   | 1                   | 1                   | 1                   |
|   | 2                   | 2                   | 2                   | 2                   | 2                   | 2                   | 2                   |
|   | 3                   | 3                   | 3                   | 3                   | 3                   | 3                   | 3                   |
|   | 4                   | 4                   | 4                   | 4                   | 4                   | 4                   | 4                   |
|   | 5                   | 5                   | 5                   | 5                   | 5                   | 5                   | 5                   |
| <b>Bedtime</b>  | _____pm             | _____pm             | _____pm             | _____pm             | _____pm             | _____pm             | _____pm             |
| <b>Minutes to fall asleep (circle one best guess)</b> | Less than 30 min    | Less than 30 min    | Less than 30 min    | Less than 30 min    | Less than 30 min    | Less than 30 min    | Less than 30 min    |
|   | 30-59 min           | 30-59 min           | 30-59 min           | 30-59 min           | 30-59 min           | 30-59 min           | 30-59 min           |
|   | 1-2 hours           | 1-2 hours           | 1-2 hours           | 1-2 hours           | 1-2 hours           | 1-2 hours           | 1-2 hours           |
|   | More than 2 hours   | More than 2 hours   | More than 2 hours   | More than 2 hours   | More than 2 hours   | More than 2 hours   | More than 2 hours   |
|   |                     |                     |                     |                     |                     |                     |                     |
| <b>Night Wakings</b>                                  | How many? _____     | How many? _____     | How many? _____     | How many? _____     | How many? _____     | How many? _____     | How many? _____     |
|   | How long? _____     | How long? _____     | How long? _____     | How long? _____     | How long? _____     | How long? _____     | How long? _____     |
|   | Child leave bed?__  | Child leave bed?__  | Child leave bed?__  | Child leave bed?__  | Child leave bed?__  | Child leave bed?__  | Child leave bed?__  |
| <b>Parent Response?</b>                               |                     |                     |                     |                     |                     |                     |                     |
| <b>Wake Time</b>                                      | _____am             | _____am             | _____am             | _____am             | _____am             | _____am             | _____am             |