Use this data sheet to assess the amount of sleep your child is receiving.

***EXAMPLE:***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Time in Bed** | **Time Asleep** | **Time of Wake Ups** | **Amount of Time Awake** | **Morning Wake Up Time** | **Total Sleep** |
| July 1 | 8pm | 7:45pm | 9:40pm | 10 min |  |  |
|  |  |  | 11:52pm | 22 min |  |  |
|  |  |  | 3:36am | 45 min | 5:25am | 7h23min |
| July 2 | 8:10pm | 8:20pm | 3:45am | 5 min | 6:10am | 9h 45 min |
| July 3 | 8pm | 8pm | n/a | 0min | 7am | 11 hours |

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| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Time in Bed** | **Time Asleep** | **Time of Wake Ups** | **Amount of Time Awake** | **Morning Wake Up Time** | **Total Sleep** |
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