

PARENTING MATTERS Sleep Activity Record

SLEEP	_____	S settlin g	X crying		
FEED	O		Use any other symbol for a significant activity eg playtime Vary the size of the circle for a feed or write the volume inside it		

Day

6am	7	8	9	10	11	12	1PM	2	3	4	5
				-				-			
6 P M	7	8	9	10	11	12	1AM	2	3	4	5
DAILY TOTAL											

DAY

6am	7	8	9	10	11	12	1PM	2	3	4	5
6 P M	7	8	9	10	11	12	1AM	2	3	4	5
DAILY TOTAL											

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Use the chart initially to record what has happened today.

Then next day look for any pattern or period that you felt went well. Or set feeds at definite intervals, then next day build sleep feeding pattern based on that.

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