Assessing Sleep – Data Collection Sheet

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

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