# MySleep

**Name:** _____  **Date:** _ / _ / _

## 🌙 Night

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Activities before bed** and their times | | | | | | | |
| Time to bed | | | | | | | |
| Time fell asleep | | | | | | | |

## ☀ Morning

| | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Monday |
|---|---|---|---|---|---|---|---|
| **Nighttime waking** how many times and for how long | | | | | | | |
| Time awoke | | | | | | | |
| Total hours slept* | | | | | | | |
| Mood/Functioning 0 = Poor, 10 = Great | | | | | | | |

## MY SLEEP DIARY — MYmind!

*Refers to nighttime sleep. Children over 3 years old should avoid sleeping during the day, see the MySleep resource for more information.

**Keeping a sleep diary to record and monitor your child's sleep patterns can be really useful, it can help you to:**

- ⭐ Notice patterns and better understand what activities/behaviours might be positively or negatively impacting upon their sleep.

- ⭐ Recognise changes that you and your child can make, as part of their bedtime routine, that might help them to sleep better.

- ⭐ Monitor progress when trying out a new bedtime routine; learning what works or where changes might be required.

- ⭐ Explain your concerns, if you feel you need to seek specialist advice.

**Completing the chart:**

- ⭐ 'Activities before bed' is where you make a note of the activities that your child was involved in before going to bedtime. This might be in the hour before bed; or a longer period of time if that's relevant for your child (if so, you could record an estimated time next to each activity). For extra space, you can turn the page and write along the lines.

- ⭐ All other boxes simply require you to record a number or a time. These boxes are all about providing you with the information to notice patterns in your child's sleep and understand which activities might be having a positive or negative impact.

- ⭐ Try to complete the diary twice a day to help keep an accurate record.

- ⭐ Blue boxes are to record what happened before bed and white boxes are to record what happened during the night and in the morning.

- ⭐ Remember to add the 'Date', so that you can look at patterns over time and track progress.

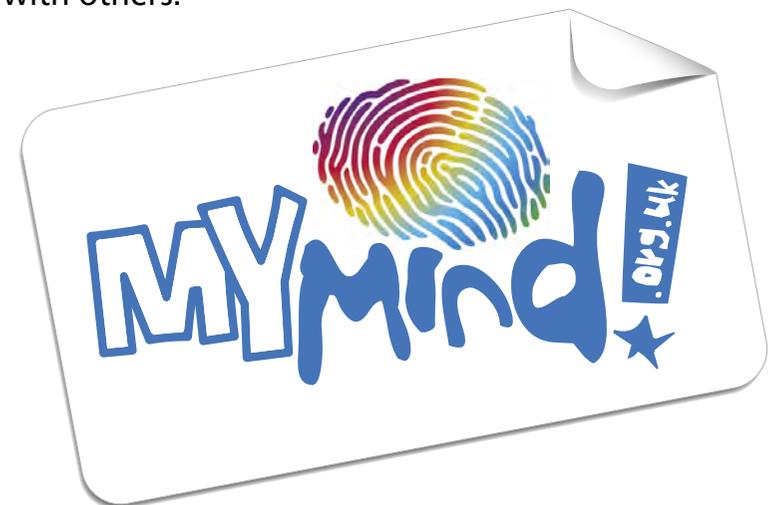*Keeping track of what 'works' and what doesn't can make a real difference!*

**MY SLEEP DIARY** **MYMind!**

**Useful tips:**

⭐ The key to a good night's sleep is predictability and structure.

⭐ Be mindful of the sleep hygiene advice in the **MySleep** guide when thinking about what activities to encourage before bedtime and which to avoid.

⭐ The ideal length of a bedtime routine is around 30 minutes; ending with you saying 'goodnight' to your child.

⭐ The routine should have a clearly defined structure, including "getting ready for bed" activities that let your child know that they are moving towards bedtime and sleep. Develop a new bedtime routine using our **visual timetable**.

⭐ Your child ideally should be falling to sleep within 15 minutes after being told 'goodnight'.

⭐ If your child is regularly taking longer than this – then maybe their bedtime is set too early.

⭐ If your child is waking throughout the night, or is experiencing nightmares or night terrors, then check out our **MySleep** guide.

⭐ Celebrate progress using our **reward charts**.

⭐ Try to ensure your child wakes (or is woken) at the same time every morning (even at the weekend).

⭐ Keep completed diary sheets, they can be helpful to look back on or share with others.

# For more information vist:

**MY SLEEP DIARY**