Pediatric Neurologists of Palm Beach

2-week sleep log

Name:_____ Date of Birth:_____

Date	12 noon	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12 midnight	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	12 noon
example									x		↓											↑			

Instructions:

1. Draw a down arrow (↓) at the time you got in bed
2. Draw an up arrow (↑) at the time you got out of bed
3. Shade in the hours that you actually slept (as best as you can recall)
4. Shade in any hours that you napped for more than 1 hour
5. Place an (x) at any time you napped for less than 1 hour

In the example, this person took a 2 hour nap at 3 pm, a 20 minute nap at 8 pm, went to bed at 10 pm, fell asleep at midnight and woke up and got out of bed at 9 am