



My sleep diary

Name: _____

Record the time you woke up, got into bed, and fell asleep on each day this week.

How do you feel today?
Colour in the suns!

	Mon	Tue	Wed	Thu	Fri
Time I woke up					
Time I got into bed					
Time I fell asleep					
How long I slept for					

Very tired ← → Very awake

Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Bedtime checklist

- Washed my hands
- Brushed my teeth
- Changed into my night clothes
- Got into bed
- Turned off all the lights