

## Sleep Tracker by Advocacy Links

Today's Date:							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>Morning</b>							
Wake-up time:							
Morning feeling (Great, Okay, Tired, Very tired):							
Sleep quality (1-4 stars):							
 <b>My Day</b>							
Nap (Yes/No + time):							
Exercise/Play (Yes/No):							
Screen before bed (Yes/No):							
Snack before bed (Yes/No):							
 <b>Bedtime</b>							
Time to bed:							
Before bed (Bath, Book, Screen, Snack):							
Feelings (Calm, Worried, Tired, Upset):							
Night wake-ups (Yes/No + how many):							
Why wake up (Dream, Bathroom, Help, Not sure):							

**Parent's Notes**

Example Notes: On Monday night he fell asleep in five minutes, woke twice for water, nightmares, slept through thunderstorm, super restless.