## Your Baby's

Journal

## Your Baby’s Sleef Journal

## The First Two Weeks

## Sleep Signals in the First Two Weeks

Here you can write down what your baby does or how he acts just prior to sleeping. In the first two weeks, many babies will simply fall asleep on their own, or they may cry when they are tired.

For more information about sleep signals and sleep patterns in the first two weeks, see pages 62-69.

## The First Two Weeks

## Note the Naps

and Nights in the
First Two Weeks
Following is several days' worth of pages for you to track your baby's sleep during the first two weeks of life. During this period, you may see the 90 -minute cycle emerging-or you may not. Just do your best to help the baby sleep, and try to get some rest yourself.

To use these logs, simply note the times that your baby sleeps: Write each of his wake times in the Waking Time column, and the start time of his naps and bedtime in the Sleeping Time column.

| - Day One | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: |
| Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  |
| 8:00 AM to 9:00 AM |  |  |
| 9:00 Am to 10:00 AM |  |  |
| 10:00 AM to 11:00 AM |  |  |
| 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  |
| 8:00 PM to 9:00 PM |  |  |
| 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  |
| 11:00 pM to Midnight |  |  |

## The First Two Weeks

| - Day Two | Waking Time | Sleeping <br> Time | Day Three | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight to 1:00 AM |  |  | Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  | 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  | 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  | 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  | 4:00 AM to 5:00 AM |  |  |
| 5:00 am to 6:00 AM |  |  | 5:00 AM to 6:00 AM |  |  |
| 6:00 am to 7:00 AM |  |  | 6:00 AM to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  | 7:00 AM to 8:00 AM |  |  |
| 8:00 AM to 9:00 AM |  |  | 8:00 AM to 9:00 AM |  |  |
| 9:00 Am to 10:00 Am |  |  | 9:00 Am to 10:00 Am |  |  |
| 10:00 Am to 11:00 AM |  |  | 10:00 AM to 11:00 AM |  |  |
| 11:00 am to Noon |  |  | 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  | Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  | 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  | 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  | 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  | 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  | 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  | 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  | 7:00 PM to 8:00 PM |  |  |
| 8:00 PM to 9:00 PM |  |  | 8:00 PM to 9:00 PM |  |  |
| 9:00 PM to 10:00 PM |  |  | 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  | 10:00 PM to 11:00 PM |  |  |
| 11:00 PM to Midnight |  |  | 11:00 PM to Midnight |  |  |

## Two Weeks to Three Months

## Sleep Signals from Two Weeks to Three Months

Here you can write down what your baby does or how he acts just before sleeping. At this age, most babies cry when they are sleepy, but a few develop more subtle or unusual signs, such as pulling on their ears or staring into space.
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For more information about sleep signals and sleep patterns from two weeks to three months, see pages 69-80.

## Two Weeks to Three Months

## Note the Naps <br> and Nights from Two Weeks to Three Months

Here are several days' worth of pages for you to track your baby's sleep. It's fine if you don't feel the need to track your baby's sleep for five whole days. In this period of your baby's life, you will likely see the emergence of the 90 -minute cycle.

To use these logs, simply note the times that your baby sleeps: Write each of his wake times in the Waking Time column, and the start time of his naps and bedtime in the Sleeping Time column.

| - Day One | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: |
| Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  |
| 8:00 am to 9:00 AM |  |  |
| 9:00 AM to 10:00 AM |  |  |
| 10:00 Am to 11:00 AM |  |  |
| 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  |
| 8:00 PM to 9:00 PM |  |  |
| 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  |
| 11:00 pm to Midnight |  |  |

## Two Weeks to Three Months

| Day Two | Waking Time | Sleeping <br> Time | Day Three | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight to 1:00 AM |  |  | Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  | 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  | 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  | 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  | 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  | 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 Am |  |  | 6:00 AM to 7:00 Am |  |  |
| 7:00 AM to 8:00 AM |  |  | 7:00 AM to 8:00 AM |  |  |
| 8:00 AM to 9:00 AM |  |  | 8:00 AM to 9:00 AM |  |  |
| 9:00 Am to 10:00 Am |  |  | 9:00 Am to 10:00 AM |  |  |
| 10:00 am to 11:00 am |  |  | 10:00 AM to 11:00 AM |  |  |
| 11:00 Am to Noon |  |  | 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  | Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  | 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  | 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  | 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  | 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  | 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  | 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  | 7:00 PM to 8:00 PM |  |  |
| 8:00 PM to 9:00 PM |  |  | 8:00 PM to 9:00 PM |  |  |
| 9:00 PM to 10:00 PM |  |  | 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  | 10:00 PM to 11:00 PM |  |  |
| 11:00 PM to Midnight |  |  | 11:00 PM to Midnight |  |  |

## Two Weeks to Three Months

| Day Four | Waking Time | Sleeping Time | Day Five | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight to 1:00 Am |  |  | Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  | 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  | 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  | 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  | 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  | 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 AM |  |  | 6:00 AM to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  | 7:00 AM to 8:00 Am |  |  |
| 8:00 AM to 9:00 AM |  |  | 8:00 AM to 9:00 AM |  |  |
| 9:00 AM to 10:00 AM |  |  | 9:00 AM to 10:00 AM |  |  |
| 10:00 Am to 11:00 AM |  |  | 10:00 AM to 11:00 Am |  |  |
| 11:00 am to Noon |  |  | 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  | Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  | 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  | 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  | 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  | 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  | 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  | 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  | 7:00 PM to 8:00 PM |  |  |
| 8:00 PM to 9:00 PM |  |  | 8:00 PM to 9:00 PM |  |  |
| 9:00 PM to 10:00 PM |  |  | 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  | 10:00 PM to 11:00 PM |  |  |
| 11:00 PM to Midnight |  |  | 11:00 PM to Midnight |  |  |

# Three Through Five Months 

## Sleep Signals from Three Through Five Months

Here you can write down what your baby does or how he acts just prior to sleeping. Your baby may now develop sleepy signals other than crying.

For more information about sleep signals and sleep patterns from three through five months, see pages 80-93.

## Three Through Five Months

## Note the Naps

## and Nights from Three Through Five Months

Here are several days' worth of pages for you to track your baby's sleep. At around four months, many babies will extend one or more of their wakefulness periods from 90 minutes to three hours or four and a half hours. A longer period of alertness often first appears in the evening. Expect a few bumpy days as your baby's brain sorts through this change.

To use these logs, simply note the times that your baby sleeps: Write each of his wake times in the Waking Time column, and the start time of his naps and bedtime in the Sleeping Time column.

| Day One | Waking <br> Time | Sleeping <br> Time |
| :--- | :--- | :--- |
| Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  |
| 8:00 AM to 9:00 AM |  |  |
| 9:00 AM to 10:00 AM |  |  |
| 10:00 AM to 11:00 AM |  |  |
| 11:00 AM to N00n |  |  |
| N00n to 1:00 PM |  |  |
| 11:00 PM to Midnight |  |  |
| 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 10:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  |
|  |  |  |
|  |  |  |

Three Through Five Months

| - Day Two | Waking Time | Sleeping Time | - Day Three | Waking Time | Sleeping Time |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight to 1:00 AM |  |  | Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  | 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  | 2:00 Am to 3:00 Am |  |  |
| 3:00 AM to 4:00 AM |  |  | 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  | 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  | 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 AM |  |  | 6:00 AM to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  | 7:00 AM to 8:00 AM |  |  |
| 8:00 AM to 9:00 AM |  |  | 8:00 AM to 9:00 AM |  |  |
| 9:00 AM to 10:00 AM |  |  | 9:00 AM to 10:00 AM |  |  |
| 10:00 Am to 11:00 am |  |  | 10:00 AM to 11:00 AM |  |  |
| 11:00 am to Noon |  |  | 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  | Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  | 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  | 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  | 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  | 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  | 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  | 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  | 7:00 PM to 8:00 PM |  |  |
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| 9:00 PM to 10:00 PM |  |  | 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  | 10:00 PM to 11:00 PM |  |  |
| 11:00 PM to Midnight |  |  | 11:00 pm to Midnight |  |  |

## Six to Eight Months

## Sleep Signals from Six to Eight Months

Here you can write down what your baby does or how he acts just prior to sleeping. Don't forget that babies, even older ones, may not necessarily yawn or stretch or rub their eyes the way adults do.
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For more information about sleep signals and sleep patterns from six to eight months, see pages 94-109.

## Six to Eight Months

## Note the Naps <br> and Nights from <br> Six to Eight Months

Here are several days' worth of pages for you to track your baby's sleep. It's fine if you don't feel the need to track your baby's sleep for five whole days. If you haven't already seen longer wakeful periods in the morning and evening, you probably will now. You may also notice another three-hour wakeful period between the morning and afternoon naps. If you are using the controlled-crying or fading technique to help your baby sleep at night, the sleep logs here can help you track your success.

To use these logs, simply note the times that your baby sleeps: Write each of his wake times in the Waking Time column, and the start time of his naps and bedtime in the Sleeping Time column.

| Day One | Waking <br> Time | Sleeping <br> Time |
| :--- | :--- | :--- |
| Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  |
| 8:00 AM to 9:00 AM |  |  |
| 9:00 AM to 10:00 AM |  |  |
| 10:00 AM to 11:00 AM |  |  |
| 11:00 AM to N00n |  |  |
| N00n to 1:00 PM |  |  |
| 11:00 PM to Midnight |  |  |
| 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 10:00 PM |  |  |
| 3:00 PM 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  |
|  |  |  |
| 7:00 PM to 8:00 PM |  |  |
|  |  |  |

## Six to Eight Months

| - Day Two | Waking Time | Sleeping <br> Time | - Day Three | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight to 1:00 AM |  |  | Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  | 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  | 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  | 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  | 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  | 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 AM |  |  | 6:00 AM to 7:00 AM |  |  |
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| 10:00 Am to 11:00 AM |  |  | 10:00 am to 11:00 Am |  |  |
| 11:00 am to Noon |  |  | 11:00 Am to Noon |  |  |
| Noon to 1:00 PM |  |  | Noon to 1:00 PM |  |  |
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| 9:00 PM to 10:00 PM |  |  | 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  | 10:00 PM to 11:00 PM |  |  |
| 11:00 PM to Midnight |  |  | 11:00 PM to Midnight |  |  |

## Six to Eight Months

| Day Four | Waking Time | Sleeping Time | Day Five | Waking Time | Sleeping Time |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight to 1:00 AM |  |  | Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  | 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  | 2:00 AM to 3:00 AM |  |  |
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| 6:00 AM to 7:00 AM |  |  | 6:00 Am to 7:00 AM |  |  |
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| 10:00 Am to 11:00 AM |  |  | 10:00 AM to 11:00 AM |  |  |
| 11:00 am to Noon |  |  | 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  | Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  | 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  | 2:00 PM to 3:00 PM |  |  |
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| 10:00 PM to 11:00 PM |  |  | 10:00 PM to 11:00 PM |  |  |
| 11:00 PM to Midnight |  |  | 11:00 pm to Midnight |  |  |

# Eight Months to One Year and Beyond 

## Sleep Signals from Eight Months to One Year and Beyond

Here you can write down what your baby does or how he acts just prior to sleeping. Don't forget that babies, even older ones, may not necessarily yawn or stretch or rub their eyes the way adults do.
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For more information about sleep signals and sleep patterns from eight months to one year and beyond, see pages 109-116.

Eight Months to One Year and Beyond

## Note the Naps and Nights from Eight Months to One Year and Beyond

Here are several days' worth of pages for you to track your baby's sleep. It's fine if you don't feel the need to track it for seven whole days. By the end of the first year, nearly all babies will nap just twice daily, with wakeful periods that last either three hours or four and a half hours. It's still too early for most babies to give up their morning naps, but you may notice that this nap shortens. If you are teaching your baby sleep independence at night, the spaces here will help you keep track of your success.

To use these logs, simply note the times that your baby sleeps: Write each of his wake times in the Waking Time column, and the start time of his naps and bedtime in the Sleeping Time column.

| Day One | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: |
| Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  |
| 6:00 am to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  |
| 8:00 am to 9:00 AM |  |  |
| 9:00 AM to 10:00 AM |  |  |
| 10:00 AM to 11:00 AM |  |  |
| 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  |
| 8:00 PM to 9:00 PM |  |  |
| 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  |
| 11:00 pm to Midnight |  |  |

## Eight Months to One Year and Beyond

| Day Two | Waking Time | Sleeping <br> Time | - Day Three | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight to 1:00 AM |  |  | Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  | 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  | 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  | 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  | 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  | 5:00 am to 6:00 AM |  |  |
| 6:00 am to 7:00 AM |  |  | 6:00 am to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  | 7:00 AM to 8:00 AM |  |  |
| 8:00 am to 9:00 AM |  |  | 8:00 am to 9:00 AM |  |  |
| 9:00 AM to 10:00 AM |  |  | 9:00 Am to 10:00 Am |  |  |
| 10:00 Am to 11:00 Am |  |  | 10:00 AM to 11:00 AM |  |  |
| 11:00 am to Noon |  |  | 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  | Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  | 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  | 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  | 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  | 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  | 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  | 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  | 7:00 PM to 8:00 PM |  |  |
| 8:00 PM to 9:00 PM |  |  | 8:00 PM to 9:00 PM |  |  |
| 9:00 PM to 10:00 PM |  |  | 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  | 10:00 PM to 11:00 PM |  |  |
| 11:00 PM to Midnight |  |  | 11:00 pM to Midnight |  |  |

## Eight Months to One Year and Beyond

| Day Four | Waking Time | Sleeping <br> Time | Day Five | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight to 1:00 Am |  |  | Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  | 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  | 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  | 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  | 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  | 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 AM |  |  | 6:00 AM to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  | 7:00 AM to 8:00 AM |  |  |
| 8:00 AM to 9:00 AM |  |  | 8:00 AM to 9:00 AM |  |  |
| 9:00 Am to 10:00 Am |  |  | 9:00 Am to 10:00 Am |  |  |
| 10:00 am to 11:00 Am |  |  | 10:00 Am to 11:00 Am |  |  |
| 11:00 am to Noon |  |  | 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  | Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  | 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  | 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  | 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  | 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  | 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  | 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  | 7:00 PM to 8:00 PM |  |  |
| 8:00 PM to 9:00 PM |  |  | 8:00 PM to 9:00 PM |  |  |
| 9:00 PM to 10:00 PM |  |  | 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  | 10:00 PM to 11:00 PM |  |  |
| 11:00 PM to Midnight |  |  | 11:00 PM to Midnight |  |  |

## Eight Months to One Year and Beyond

| Day Six | Waking Time | Sleeping Time | - Day Seven | Waking Time | Sleeping <br> Time |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight to 1:00 Am |  |  | Midnight to 1:00 AM |  |  |
| 1:00 AM to 2:00 AM |  |  | 1:00 AM to 2:00 AM |  |  |
| 2:00 AM to 3:00 AM |  |  | 2:00 AM to 3:00 AM |  |  |
| 3:00 AM to 4:00 AM |  |  | 3:00 AM to 4:00 AM |  |  |
| 4:00 AM to 5:00 AM |  |  | 4:00 AM to 5:00 AM |  |  |
| 5:00 AM to 6:00 AM |  |  | 5:00 AM to 6:00 AM |  |  |
| 6:00 AM to 7:00 AM |  |  | 6:00 AM to 7:00 AM |  |  |
| 7:00 AM to 8:00 AM |  |  | 7:00 AM to 8:00 Am |  |  |
| 8:00 AM to 9:00 AM |  |  | 8:00 AM to 9:00 AM |  |  |
| 9:00 AM to 10:00 AM |  |  | 9:00 AM to 10:00 AM |  |  |
| 10:00 Am to 11:00 AM |  |  | 10:00 AM to 11:00 Am |  |  |
| 11:00 am to Noon |  |  | 11:00 am to Noon |  |  |
| Noon to 1:00 PM |  |  | Noon to 1:00 PM |  |  |
| 1:00 PM to 2:00 PM |  |  | 1:00 PM to 2:00 PM |  |  |
| 2:00 PM to 3:00 PM |  |  | 2:00 PM to 3:00 PM |  |  |
| 3:00 PM to 4:00 PM |  |  | 3:00 PM to 4:00 PM |  |  |
| 4:00 PM to 5:00 PM |  |  | 4:00 PM to 5:00 PM |  |  |
| 5:00 PM to 6:00 PM |  |  | 5:00 PM to 6:00 PM |  |  |
| 6:00 PM to 7:00 PM |  |  | 6:00 PM to 7:00 PM |  |  |
| 7:00 PM to 8:00 PM |  |  | 7:00 PM to 8:00 PM |  |  |
| 8:00 PM to 9:00 PM |  |  | 8:00 PM to 9:00 PM |  |  |
| 9:00 PM to 10:00 PM |  |  | 9:00 PM to 10:00 PM |  |  |
| 10:00 PM to 11:00 PM |  |  | 10:00 PM to 11:00 PM |  |  |
| 11:00 PM to Midnight |  |  | 11:00 PM to Midnight |  |  |

