



Your Baby's
SLEEP
Journal

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 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 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		
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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		

● Day Three

	Waking Time	Sleeping 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		
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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

Note the Naps 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 Time
Midnight to 1:00 AM		
1:00 AM to 2:00 AM		
2:00 AM to 3:00 AM		
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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		
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1:00 PM to 2:00 PM		
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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 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		
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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		
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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		

● Day Three

	Waking Time	Sleeping 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		
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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 Four

	Waking Time	Sleeping 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		
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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		

● Day Five

	Waking Time	Sleeping 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		
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11:00 AM to Noon		
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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		

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 Time	Sleeping Time
Midnight to 1:00 AM		
1:00 AM to 2:00 AM		
2:00 AM to 3:00 AM		
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11:00 AM to Noon		
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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		

Three Through Five Months

● Day Two

	Waking Time	Sleeping 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		
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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		

● Day Three

	Waking Time	Sleeping 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		
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9:00 PM to 10:00 PM		
10:00 PM to 11:00 PM		
11:00 PM to Midnight		

Six to Eight Months

Note the Naps and Nights from 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 Time	Sleeping Time
Midnight to 1:00 AM		
1:00 AM to 2:00 AM		
2:00 AM to 3:00 AM		
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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		

Six to Eight Months

● Day Two

	Waking Time	Sleeping 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		
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9:00 PM to 10:00 PM		
10:00 PM to 11:00 PM		
11:00 PM to Midnight		

● Day Three

	Waking Time	Sleeping 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		
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7:00 AM to 8:00 AM		
8:00 AM to 9:00 AM		
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10:00 AM to 11:00 AM		
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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		

Six to Eight Months

● Day Four

	Waking Time	Sleeping 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		
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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		

● Day Five

	Waking Time	Sleeping 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		
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3:00 PM to 4:00 PM		
4:00 PM to 5:00 PM		
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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

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 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		
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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 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		
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3:00 PM to 4:00 PM		
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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		

● Day Three

	Waking Time	Sleeping 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		
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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 Four

	Waking Time	Sleeping 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		
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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		

● Day Five

	Waking Time	Sleeping 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		
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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 Six

	Waking Time	Sleeping 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		
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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		

● Day Seven

	Waking Time	Sleeping 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		