Your Baby's SLEEP Journal

The First Two Weeks

Sleep Signals in the First Two Weeks

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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.

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	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		
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		

Sleep Signals from Two Weeks to Three Months

sleeping. At the develop more s	write down what your baby does or how he acts just before his age, most babies cry when they are sleepy, but a few subtle or unusual signs, such as pulling on their ears or
staring into sp	pace.

For more information about sleep signals and sleep patterns from two weeks to three months, see pages 69–80.

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.

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		

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		
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		

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		
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

lere you can write down what your baby does or how he acts just rior to sleeping. Your baby may now develop sleepy signals other han crying.	
ian 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.

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		

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		
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 рм to 11:00 рм		
11:00 PM to Midnight			11:00 PM to Midnight		

Sleep Signals from Six to Eight Months write down what your baby does or how he acts i

For more information about sleep signals and sleep patterns from six to eight months, see pages 94–109.

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.

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		

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		
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		

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		
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 рм to 11:00 рм		
11:00 PM to Midnight			11:00 PM to Midnight		

Sleep Signals from Eight Months to One Year and Beyond

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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.

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		

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		
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		

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		
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		

Day Six	Waking Time	Sleeping Time	Day Seven	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		
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		