

[illegible]

**Date : 13 December 2023**



Identification is the starting point for effective life change. **“Taking the pulse”** of the situation helps to clarify things, and to decide **where to start** modifying certain habits.

For example, [regular bedtime and wake-up times are essential](#) to help babies, children and their parents fall asleep and improve sleep quality. A sleep diary enables us to check whether, for example, our child regularly goes to bed around 20h, or between 7h30 and 8h30, over a period of one, two or even three weeks.

After a certain period of time, this tool makes it possible to **objectively assess the regularity of schedules**, and to make decisions as a family if irregularities are observed.

The sleep diary can then help maintain new habits that have been put in place, and to **observe whether the child's condition is improving**.

## **Communicating with healthcare and early childhood professionals**

The concrete data collected can be shared with a doctor or sleep specialist **to diagnose and treat** [sleep disorders](#).

The diary can also be a **valuable tool to be shared, or even completed in collaboration with the people who look after the child during the day**, to provide a concrete basis for **dialogue about** [naps and its transition](#), for example.

In short, a sleep diary is a valuable tool for monitoring, understanding and improving sleep habits ... for the whole family! It can have a positive impact on children's development, overall health and well-being.



To be completed preferably  
in the evening after putting your  
child to bed or during the day.



## APPRENDRE À DORMIR

	EXEMPLE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Last night,</b> how many <b>awakenings</b> were reported and approximately <b>how long did they last</b> ? (The awakenings reported are those that required your intervention to help your child get back to sleep)	2  10 min 15 min							
<b>Wake-up time ?</b>	7 h 15							
<b>For each nap,</b> note the <b>time</b> ? and <b>how long it lasts</b> ?	9 h 15 - 11 h 30 13 h - 2 h							
<b>Bedtime ?</b> Also note the <b>time your child falls asleep,</b> <b>if it is different from bedtime.</b> (This allows you to see if the time to fall asleep varies when your child falls asleep independently)	20 h  20 h 20							
In minutes, estimate the <b>time it takes to fall asleep</b> ?	20 min							
<b>How did the routine go ?</b> Note whether you were unable to complete the routine or, on the contrary, whether the 15 minutes before bed went "like clockwork".								
<b>How did the day go ?</b> How would you rate your child's general condition ? As usual ? More agitated ? Angrier ? Tired ?								
<b>OTHER sleep facilitators or disruptors :</b> Note, for example :  ★ Have there been any conflicts or events that could <b>stress the child</b> or <b>make him more emotional</b> ?  ★ Has your child been exposed to a <b>screen less than an hour before</b> <b>bedtime</b> ?  ★ Did he/she play outside or get a <b>"dose" of sunshine</b> today ?  ★ Is he/she <b>sick</b> ? Cold ? Fever ? Etc.  ★ Has he/she taken any <b>prescrip-</b> <b>tion or over-the-counter</b> <b>medication</b> that might affect sleep (positively or negatively) ?  ★ Did he/she sleep in his/her own bed or was he/she visiting? Any other changes in sleeping arrangements (i.e.: feeling of security, warmer place, etc.) ?  ★ Snoring? Breathing with mouth open at night? Pause in breathing?  ★ Sleep terrors? Nightmares?  ★ <b>Any other observations you</b> <b>deem relevant</b> to your child's personal needs.								