APPRENDRE À DORMIR

The sleep diary: a tool for understanding, adapting and communicating



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Here's a sleep diary (pdf) to help little ones (and adults) get a good night's sleep.

There are several advantages to using a sleep diary, especially for those seeking to better understand and manage their child's sleep habits.

It's a tool that can also help parents become more aware of their **own vital needs of sleep** and take steps to **manage their fatigue**. **It can help determine who needs to sleep, your child or you … maybe both!**

Identify sleep habits and help change them

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
Last night, how many **awakenings were reported**	*2*							
and approximately **how long did they last** ? (The awakenings reported are those that required your intervention to help your child get back to sleep)	*10 min* *15 min*							
Wake-up time ?	*7 h 15*							
For each nap, note the **time** ? and **how long it lasts** ?	*9 h 15 > 11h30* *13 h > 2h*							
Bedtime ?	*20 h*							
Also note the **time your child falls asleep, if it is different from bedtime**. (This allows you to see if the time to fall asleep varies when your child falls asleep independently)	*20 h 20*							
In minutes, estimate the **time it takes to fall asleep** ?	*20 min*							
How did the routine go ? Note whether you were unable to complete the routine or, on the contrary, whether the 15 minutes before bed went "like clockwork".								
How did the day go ? How would you rate your child's general condition ? As usual ? More agitated ? Angrier ? Tired ?								
OTHER sleep facilitators or disruptors : Note, for example :								

- ★ Have there been any conflicts or events that could **stress the child or make him more emotional** ?
- ★ Has your child been exposed to a **screen less than an hour before bedtime** ?
- ★ Did he/she play outside or get a **"dose" of sunshine** today ?
- ★ Is he/she **sick** ? Cold ? Fever ? Etc.
- ★ Has he/she taken any **prescription or over-the-counter medication** 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?
- ★ **Any other observations you deem relevant** to your child's personal needs.