

The Kids Sleep Diary

Name:

Class:

	Time I went to bed?	Time I woke up? (the next morning)	How long I slept (in hours and minutes)
<i>Example: Sunday night</i>	<i>8.30</i>	<i>7</i>	<i>10 and a half</i>
Monday night			
Tuesday night			
Wednesday night			
Thursday night			