THYME 4 SLEEP
PEDIATRIC SLEEP COACHING

7-Day Sleep Log

Shade each block your child is asleep. Mark ✕ for a wake-up, F for a feed, ★ for a great moment.

	6P	7	8	9	10	11	12A	1	2	3	4	5	6A	7	8	9	10	11	12P	1	2	3	4	5
Mon																								
Tue																								
Wed																								
Thu																								
Fri																								
Sat																								
Sun																								

Shaded columns = evening & night (6pm–6am). Thick line = 6am.

Weekly notes

Average bedtime / wake time

Longest stretch & when

Anything new this week? (teeth, travel, illness, leaps)

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Night-by-Night Notes

One row per night. Keep it quick — consistency beats detail.

NIGHT	ROUTINE START → LIGHTS OUT	TIME TO FALL ASLEEP	WAKE-UPS (TIME / HOW LONG / MY RESPONSE)	MORNING WAKE	MOOD 1–5
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

How to read your week: wake-ups at the *same time* nightly often point to a habit loop; frequent wakes plus short naps point to timing; needing the exact same help every time points to a sleep association. Not sure? The free Sleep Snapshot quiz will tell you.

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