Consensus Sleep Diary – Core

	Example							
Today's date	4/5/11							
1. What time did your child get into bed?	10.15 p.m.							
2. What time did your child try to go to sleep?	11.30 p.m.							
3. How long did it take your child to fall asleep?	55 min.							
4. How many times did your child wake up, not counting his final awakening?	3 times							
5. In total, how long did these awakenings last?	1 hour 10 min							
6. What time was your child final awakening?	6:35 a.m.							
7. What time did your child get out of bed for the day?	7:20 a.m.							
8. How would you rate the quality of your child sleep?	❑ Very poor ☑ Poor ❑ Fair ❑ Good ❑ Very good	❑ Very poor ❑ Poor ❑ Fair ❑ Good ❑ Very good	❑ Very poor ❑ Poor ❑ Fair ❑ Good ❑ Very good	❑ Very poor ❑ Poor ❑ Fair ❑ Good ❑ Very good	❑ Very poor ❑ Poor ❑ Fair ❑ Good ❑ Very good	❑ Very poor ❑ Poor ❑ Fair ❑ Good ❑ Very good	❑ Very poor ❑ Poor ❑ Fair ❑ Good ❑ Very good	❑ Very poor ❑ Poor ❑ Fair ❑ Good ❑ Very good
9. Comments (if applicable)	I have a cold							