

Sleep Kit: Sleep Diary

NAME John Smith

WEEK 1

DATE 2/9/2023

COUNSELLOR Jackie Kelly

Day and Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time and length of nap(s) in day.	No Naps.	Napped for 30 mins at 10:15am.	No Naps.	No Naps.	Napped for 50 mins at 2:00pm.	No Naps.	No Naps.
Time started preparing for bed.	John started to get ready for bed at 7:00pm.	John started to get ready for bed at 7:00pm.	John was out with his family today so did not start to get ready for bed until 9:30pm.	John started to get ready for bed for 7:00pm.	John started to get ready for bed at 7:00pm.	John started to get ready for bed at 7:00pm.	John started to get ready for bed at 7:00pm.
Any Problems here?	He did not want to get ready for bed as he kept saying he was not tired.	He got upset as he did not like the pyjamas he was offered.	John was not happy getting his pyjamas on and it took 5 attempts and 40 mins to get him ready for bed.	John kept going in and out of his bedroom, the living room and the kitchen.	He did not want to get ready for bed as he kept saying that it was too bright and it was not bedtime.	No	No
If so, what did you do?	Explained that it was night time and time to go to bed. We tried showing him his pyjamas and book so he knew it was time to get ready for bed.	He went up to his bed room and choice different ones but continued to be upset until 8.05pm.	We left him for a few mins before retrying to get him ready for bed. We kept reassuring John and trying to find out what was causing him to be upset.	We kept redirecting him back to his bedroom to get ready for bed.	Explained that it was night time and showed him the night time visual symbol. Closed the blackout blinds in his bedroom.	John followed his night time routine fully and read though his social story.	John followed his night time routine fully.
Time in bed at night?	John went to sleep at 8:15pm.	John went to bed at 8:15pm.	John went to bed at 11:00pm.	John sent to bed at 9:00pm.	8:15pm.	8:00pm.	8:00pm.

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Where?	On the couch downstairs.	In his own bed.	In his parents bed.	In his own bed.	In his own bed.	His own bed.	His own bed.
How long did he/she take to settle?	He fell asleep after lying on the couch for 20 mins.	It took him until 10:45pm to settle.	He did not settle until 11:00pm.	He was unsettled until 11:00pm. He kept getting up and moving around the house.	1 hour 15 mins.	40 mins.	30 mins.
What did you do?	Carried him from the couch to his bed.	He had to have his mother or father with him until he fell asleep.	He would only settle and stop crying when he was in his parents bed.	Kept redirecting him back to bed.	Followed the routine and used visuals to show it was night time.	Nothing further needed.	Nothing further needed.
Time went to sleep?	8:15pm.	10:45pm.	12:15pm.	11:00pm.	9:45pm.	8:40pm.	8:30pm.
How many times did he/she wake? (note length of each waking)	He woke 3 times during the night and was looking to go back to the couch. He was awake for 15 mins, 57 mins and 21 mins.	He woke 6 times and was awake for 10-20 mins	He woke 3 times but only for a few mins before going back to sleep.	Once he went to sleep he slept through until morning.	Once he went to sleep he slept through to 1:45am.	He woke once but went back to sleep after 5 mins and did not need any support.	He did not wake at all during the night.
What did you do when he/she woke?		One of his parents went in to his bedroom each time to settle him to sleep.	Stayed in his parents bed all night.		Tried to get him back to sleep but he refused and was awake for the day.		
Time parents go to bed?	11:00pm.	12:05am.	12:30am.	11:00pm.	1:45am.	11:00pm.	11:00pm.
Time woke in morning?	7:15am.	5:45am.	10:05am.	10:05am.	5:30am.	7:30am.	7:30am