|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Example:1/1/18 |  |  |  |  |  |  |  |
| Time went to Bed | 10pm |  |  |  |  |  |  |  |
| Time got up for the day | 6am |  |  |  |  |  |  |  |
| Total amount of sleep  | 7hrs |  |  |  |  |  |  |  |
| Naps (length and time) | 1hr at 3pm |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Example:1/1/18 |  |  |  |  |  |  |  |
| Time went to Bed | 10pm |  |  |  |  |  |  |  |
| Time got up for the day | 6am |  |  |  |  |  |  |  |
| Total amount of sleep  | 7hrs |  |  |  |  |  |  |  |
| Naps (length and time) | 1hr at 3pm |  |  |  |  |  |  |  |