

Loved To Sleep - Daily Sleep Log

Loved To Sleep Log For <u>Taylor</u> <u>7 months</u>							
Week # <u>1</u> Start Date: <u>Feb 12</u>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Wake-up Time:	6:45 AM	7:00 AM	5:30 AM				
Wakeful Window #1 (Length)	1 3/4 hours	2 hrs	2 hrs				
Sleep Length Nap #1	1 hr	45 min	1.5 hrs				
Wakeful Window #2 (Length)	2 1/2 hr	1 1/4 hrs	2 hrs				
Sleep Length Nap #2	1 hr	45 min	1.5 hrs				
Wakeful Window #3 (Length)	2 hr	2 1/4 hrs	2 hrs				
Sleep Length Nap #3	1 1/2 hr	1 hr	1.5 hrs				
Wakeful Window #4 (Length)	-	1 hr	-				
Sleep Length Nap #4	-	30 min	-				
Combined Nap Sleep Total (Nap 1 + Nap 2 + Nap 3 + Nap 4)	3 1/2 hr	3 hrs	4.5 hrs				
Last Wake-up Time:	4:30 PM	4:30 PM	4:00 PM				
Wakeful Window Before Sleep (Length)	2 1/4 hr	2 3/4 hr	2 1/2 hrs				
Lights Out Time:	6 PM	6:30 PM	6 PM				
Asleep At Time:	6:45 PM	7:15 PM	6:30 PM				
Amount of Time to Fall Asleep	45 min	45 min	30 min				
Nighttime Comments:	night feed 10 pm 2:30 am	night feeds 9:30 pm 1:00 am 3:30 am	night feeds 10 pm 2 am				
Next Morning Wake-up Time:	7:00 AM	5:30 AM	6:15 AM				
Overnight Sleep Total	12 1/4 hours	10 1/4 hrs	11 3/4 hrs				
24 Hours Total Sleep (Nap Sleep Total + Overnight Sleep Total)	15 3/4 hrs	13 1/4 hrs	16 1/4 hrs				