

Loved To Sleep - Weekly Sleep Averages Summary

Loved To Sleep Log For <u>Taylor 7 months</u>				
Start Date: <u>Feb 12</u>	Week #1	Week #2	Week #3	Week #4
Average Morning Wake-up Time:	<u>6:15 AM</u>	<u>5:45 AM</u>	<u>6:00 AM</u>	
Average # of Naps per Day	<u>3</u>	<u>3.5</u>	<u>3</u>	
Average Combined Nap Total	<u>3½ hrs</u>	<u>4.5 hrs</u>	<u>4 hrs</u>	
Average Wakeful Window After Short Nap (45 minutes or less)	<u>½ hr</u>	<u>½ hr</u>	<u>¼ hrs</u>	
Average Wakeful Window After Long Nap (more than 45 minutes)	<u>2½ hr</u>	<u>2.5 hrs</u>	<u>2¾ hrs</u>	
Range of Time to Fall Asleep	<u>30 min - 45 min</u>	<u>20 min - 45 min</u>	<u>15 min - 30 min</u>	
Last Three Days: Average Amount of Time to Fall Asleep	<u>25 min</u>	<u>25 min</u>	<u>20 min</u>	
Average Overnight Sleep Total	<u>12 hrs</u>	<u>12¼ hrs</u>	<u>12 hrs</u>	
Average Total Sleep 24 Hours	<u>15 hrs</u>	<u>15½ hrs</u>	<u>15 hrs</u>	
Base Soothing Technique at Beginning of Week	<u>nursing</u>	<u>rocking</u>	<u>patting</u>	
Base Soothing Technique at End of Week	<u>rocking</u>	<u>patting</u>	<u>shushing</u>	