

Loved To Sleep - Weekly Sleep Averages Summary

Loved To Sleep Log For _____				
Start Date: _____	Week #1	Week #2	Week #3	Week #4
Average Morning Wake-up Time:				
Average # of Naps per Day				
Average Combined Nap Total				
Average Wakeful Window After Short Nap (45 minutes or less)				
Average Wakeful Window After Long Nap (more than 45 minutes)				
Range of Time to Fall Asleep				
Last Three Days: Average Amount of Time to Fall Asleep				
Average Overnight Sleep Total				
Average Total Sleep 24 Hours				
Base Soothing Technique at Beginning of Week				
Base Soothing Technique at End of Week				