CHILDREN'S HOSPITAL
CENTER FOR PEDIATRIC SLEEP DISORDERS

1. MARK EACH TIME OF GETTING INTO BED WITH AN ARROW POINTING DOWNWARDS
2. MARK EACH TIME OF GETTING OUT OF BED WITH AN ARROW POINTING UPWARDS
3. MARK PERIODS OF SLEEP AS SHAPED AREAS BETWEEN VERTICAL BARS

(NAME)

(example of a period of waking)

SLEEP CHART

(W) = Wakened
(S) = Spontaneous