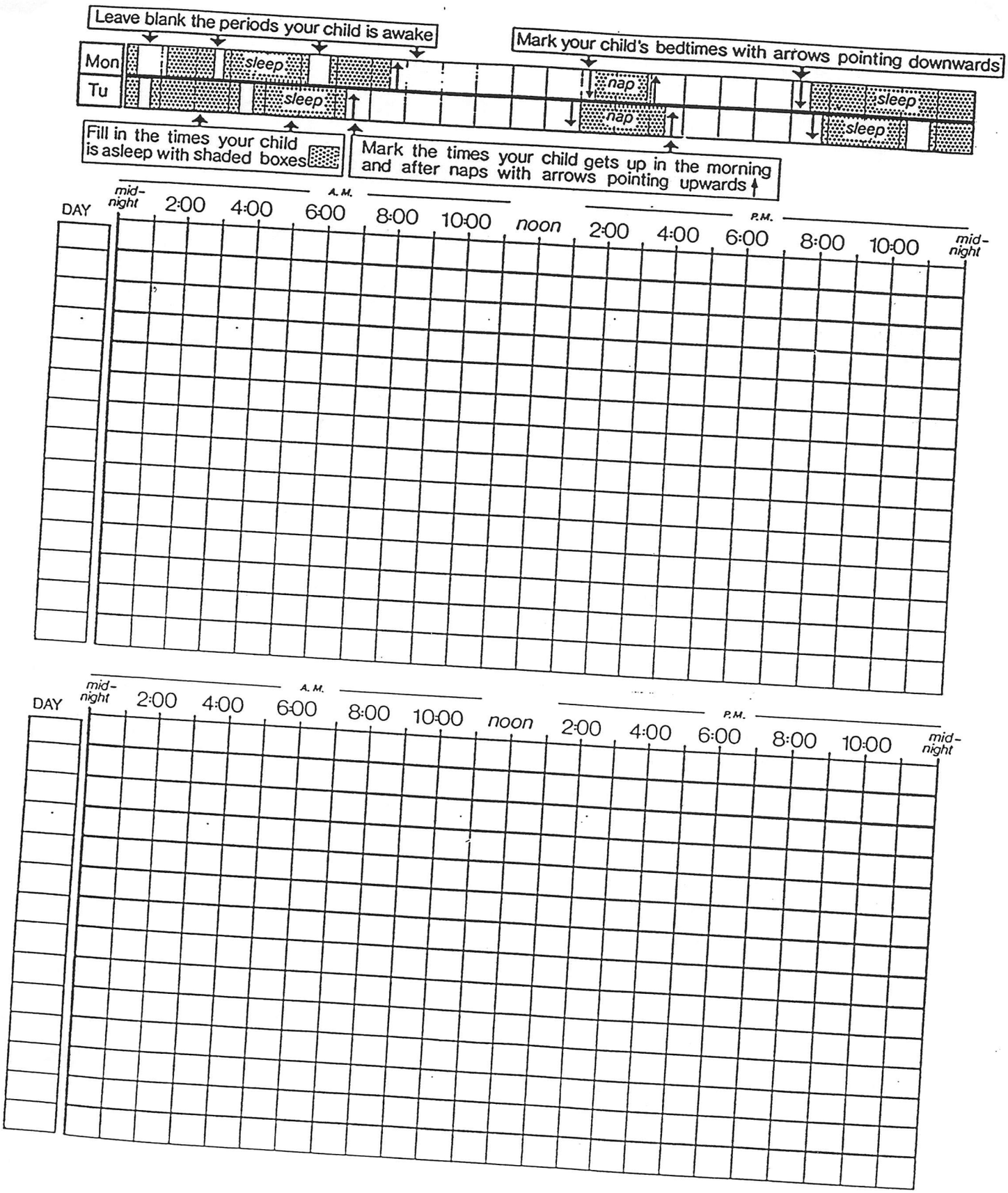
Leave blank the periods your child is awake
Mark your child's bedtimes with arrows pointing downwards
Mon
Tu
sleep
nap
sleep
nap
sleep
sleep
Fill in the times your child is asleep with shaded boxes
Mark the times your child gets up in the morning and after naps with arrows pointing upwards
DAY
mid-night
2:00
4:00
6:00
8:00
10:00
noon
2:00
4:00
6:00
8:00
10:00
mid-night
A.M.
P.M.
DAY
mid-night
2:00
4:00
6:00
8:00
10:00
noon
2:00
4:00
6:00
8:00
10:00
mid-night
A.M.
P.M.