

Baby Sleep Tracker

Log naps and night sleep to spot a pattern

Baby's Name _____

Date _____

Print a fresh copy each day. Logging naps and night sleep for even a few days can make it much easier to spot a pattern, or to describe one to your pediatrician.

Nap or Night	Start Time	End Time	Total	Notes

Worth remembering. Sleep totals vary a lot baby to baby. Newborns often sleep 14 to 17 hours across a full day in short stretches, that evens out into longer, more predictable blocks over the first year.