

You remember the hard night. What actually happened?

Baby Sleep Notes & Routine Planner

Sleep logs, routine cards, caregiver handoffs, and a weekly review to organize the nights you are already living. No sleep-training program or promised sleep outcome.

9 pages | LETTER | Print only what you need

Start with one useful page

Use this kit to coordinate care and remember details, not to score your day.

01 Print one day log and one night log. Use dates so overnight notes stay in order.

02 Record approximate times if exact times are unknown; label them as approximate.

03 Use the weekly review to choose a question, not to diagnose a sleep problem.

A completed-note example

Illustrative note: "About 1:20 a.m.: woke; caregiver A responded. Back asleep around 1:50. Question for tomorrow: which parts of our routine were different?" Times illustrate recordkeeping, not a recommended schedule.

Printing & privacy

Choose the PDF matching your paper: US Letter or A4. Print at actual size (100%); try one page first. Pages are designed for handwriting, not interactive form filling. Reprint worksheets for your household and caregivers caring for your child. Keep completed pages private; do not upload personal care notes to the shop.

Daytime sleep notes

Date: _____ Caregiver: _____

Record sleep as it happens. This page does not set wake windows or nap targets.

Sleep began	Sleep ended	Where / caregiver	Observations

What else was happening today?

Question to carry into tonight