

# Sleep Chart

If you are concerned about your baby's sleeping habits you can monitor them using this handy sleep chart.

Once you have completed this chart you can use this in discussions with your health professional to find potential solutions to sleep problems!

Time/Day	Week 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 02:00 am							
02:00 - 04:00 am			★				
04:00 - 06:00 am							
06:00 - 08:00 am							
08:00 - 10:00 am						★	
10:00 - 12:00 pm							
12:00 - 02:00 pm		★					
02:00 - 04:00 pm							
04:00 - 06:00 pm			★			★	
06:00 - 08:00 pm							
08:00 - 10:00 pm						★	
10:00 - 12:00 am							

Time/Day	Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 02:00 am	★						
02:00 - 04:00 am							
04:00 - 06:00 am							
06:00 - 08:00 am					★	★	
08:00 - 10:00 am							
10:00 - 12:00 pm							
12:00 - 02:00 pm							
02:00 - 04:00 pm			★				
04:00 - 06:00 pm							
06:00 - 08:00 pm							
08:00 - 10:00 pm						★	
10:00 - 12:00 am							

Comments	Week 1
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 2

## How to use the HiPP Organic Sleep Chart

- ★ This handy sleep chart can be used to work out your little one's sleeping patterns.
- ★ Shade the time boxes to show when your baby is asleep.
- ★ A space has been provided for each time slot so that you can write in the exact time your baby went to sleep and the time that they woke up.

- ★ Use the comments section to add useful information such as any disturbances to sleep, any changes to the routine you have made, how you settled your baby to sleep or the reason that they woke up e.g. hungry.
- ★ Use the completed chart to help you decide if any changes need to be made to your baby's sleeping pattern.
- ★ Please visit [www.hipp.co.uk](http://www.hipp.co.uk) or [www.hippbabyclub.co.uk](http://www.hippbabyclub.co.uk) to download a copy of this sleep chart. You can also download a completed version to help you when filling this in.

