

Sleep Chart

Student: _____

Date: _____

Teacher's Name: _____

Grade and Room #: _____

Roots of Empathy Instructor's Name: _____

School: _____

Date	Time fell asleep	Time woke up	# hours slept

Total # of hours of
sleep in one week: _____Average # of hours of
sleep per night: _____

Did you take any naps? _____

Yes ___ No ___

Every day? _____

Once in a while? _____

How long were your naps? _____

1/2 hr _____

1 hr _____

2 hrs _____

3 hrs _____

What helps you fall asleep at night (e.g., reading, listening to music, etc.) _____

What prevents you from falling asleep? _____

Do you think babies need a lot of sleep? Yes ___ No ___

If you answered yes, why? _____

Why do babies wake up in the middle of the night? _____

What might help a baby get to sleep? Rocking ___ Music ___ Pacifier ___

Other _____