Sleep Log Template (0–12 Months)

Track feeds, naps, night wakes, and patterns across a 24–hour day

Tracking sleep for even 3–5 days reveals patterns you can't see in the fog of new parenthood. Fill in each row as it happens, or catch up once per feed/wake. Don't stress about exact minutes — estimates within 10 minutes are fine.

BABY'S NAME	AGE	DATE
_____	_____ weeks/months	___/___/_____

24–Hour Sleep & Feed Log

TIME	ACTIVITY	DURATION	NOTES
12:00 AM			
12:30 AM			
1:00 AM			
1:30 AM			
2:00 AM			
2:30 AM			
3:00 AM			
3:30 AM			
4:00 AM			
4:30 AM			
5:00 AM			
5:30 AM			
6:00 AM			
6:30 AM			
7:00 AM			
7:30 AM			
8:00 AM			
8:30 AM			

TIME	ACTIVITY	DURATION	NOTES
9:00 AM			
9:30 AM			
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:30 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
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7:00 PM			
7:30 PM			
8:00 PM			
8:30 PM			
9:00 PM			
9:30 PM			
10:00 PM			
10:30 PM			
11:00 PM			

TIME	ACTIVITY	DURATION	NOTES
11:30 PM			

Activity Codes

S = SLEEP	F = FEED	W = WAKE
Nap or night sleep	Breast, bottle, or solids	Awake/alert time

C = CRYING	D = DIAPER	R = ROUTINE
Fussing or crying bout	Wet or soiled	Bath, massage, story

Daily Summary

MORNING WAKE TIME	BEDTIME
___:___ AM	___:___ PM

# OF NAPS	TOTAL NAP TIME
_____	___hrs ___min

# OF NIGHT WAKES	TOTAL NIGHT SLEEP
_____	___hrs ___min

# OF FEEDS (24HR)	LONGEST SLEEP STRETCH
_____	___hrs ___min

What worked today / What didn't / Changes to try tomorrow

After 3-5 days of logging, look for: (1) natural wake windows — when does your baby consistently get tired? (2) longest sleep stretch — what time does it start? (3) feed-sleep associations — do they always feed to sleep? This data makes every sleep decision easier.