

SLEEP TRACKER

Challenge addressed: Sleep

Scan for more information



Sleep is precious. The right amount of good quality sleep can improve mental wellbeing, attainment, concentration and even digestion. Fill in the sleep chart below to gain insight into your child's sleep. Use alongside the 'Meal Planner' resource (downloadable from the Parents' Toolkit website) to see any links between what your child eats and if this may have affected how they sleep. It's not a quick fix, habits take time to break, and changing food and drink won't work for every child.

Screen-free activity: Get your child involved and create your own comic strip together (below) before bedtime to relax.

_____ 's sleep chart	Activity before bed	Bedtime	Time they fall asleep	Night waking times and why	Wake up time	Did you wake them?	Describe their mood/behaviour on waking
MON							
TUE							
WED							
THU							
FRI							
SAT							
SUN							



CREATE YOUR OWN COMIC STRIP!
 (THEN COLOUR IT IN)

THE END!