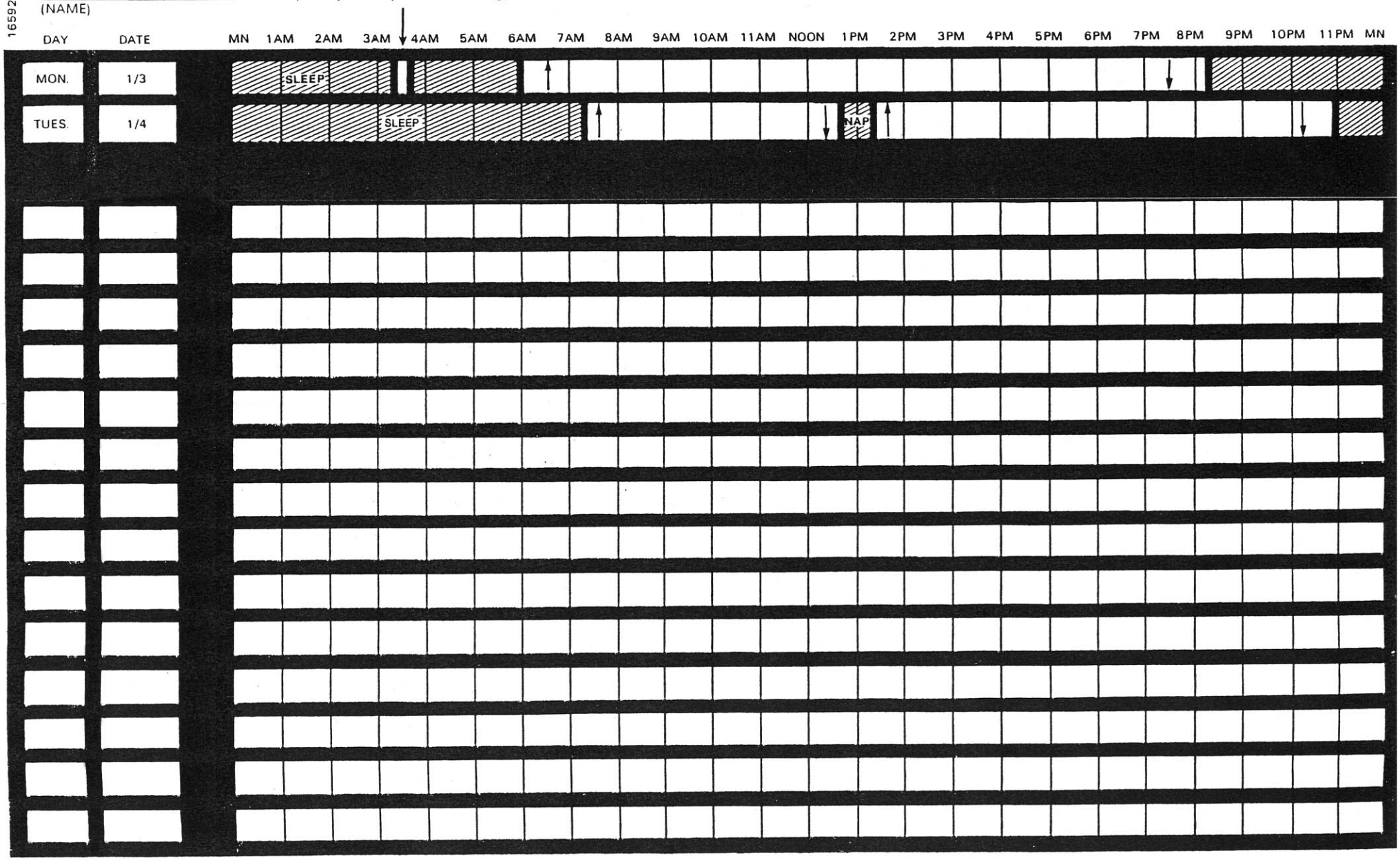
CHILDREN'S HOSPITAL
CENTER FOR PEDIATRIC SLEEP DISORDERS

SLEEP CHART

16592-09 4C (8/85)

1. MARK EACH TIME OF GETTING INTO BED WITH AN ARROW POINTING DOWNWARDS ↓
2. MARK EACH TIME OF GETTING OUT OF BED WITH AN ARROW POINTING UPWARDS ↑
3. MARK PERIODS OF SLEEP AS SHADED AREAS BETWEEN VERTICAL BARS ▨

_____ (example of a period of waking)
(NAME)