

Sleep Kit: Sleep Diary

NAME Jane Smith

WEEK 1

DATE 2/9/2023

TO BE COMPLETED BY FAMILY/STAFF

Day and Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Family or staff member.	Mary	Joan	Joan	Peter	David	David	David
Time and length of nap(s) in day.	45 mins at 15:45pm.	1 hour at 11:00am.	None.	None.	2 hours at 16:00pm.	None.	15 mins at 13:00pm.
Time started preparing for bed.	22:00pm.	21:30pm.	21:15pm.	22:45pm.	00:30am.	22:45pm.	22:30pm.
Any Problems here?	Seeking drinks, tea, water.	Seeking drinks, water offered and refused.	Seeking drinks, water offered and refused.	Seeking drinks, tea, water.	Seeking drinks water offered and accepted.	Seeking drinks, water offered and refused.	Seeking drinks, water offered and refused.
If so, what did you do?	Tea and cake given.			Coke and popcorn given.			
Time in bed at night	23:45pm.	22:15pm.	21:30pm.	00:30am.	01:15am.	23:00pm.	23:00pm.
Where?	Initial nap on the couch and then encouraged to his bed.	Went to bed with encouragement and structure, agreed to go to bed after his movie.	Went to bed with encouragement and structure, agreed to go to bed after his programme ended.	Stays up to watch a movie, refuses to go to bed despite prompts, becoming agitated given space to settle seeking more coke and popcorn.	Looked tired on the couch lights low and listening to music, personal care attended to and encouraged to bed nil issues.	Looked tired on the couch lights low and listening to music, personal care attended to and encouraged to bed nil issues.	Looked tired on the couch lights low and listening to music, personal care attended to and encouraged to bed nil issues.
How long did he/she take to settle?	45 mins.	45 mins	30 mins				
What did you do?	Woke him on the couch and supported him to bed 45 mins.			None available. Turned TV and lights down at 02:00am and limited engagement 3 hours			

