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	Mary	Joan	Joan	Peter	David	Pavid	David
member.							
Time and length	45 mins at	1 hour at	None.	None.	2 hours at	None.	15 mins at
of nap(s) in day.	15:45pm.	11:00am.			16:00рм.		13:00pm.
Time started	22:00pm.	21:30pm.	21:1 <i>5</i> pm.	22:45pm.	00:30am.	22:45pm.	22:30pm.
preparing for bed.	22.00pm.	21.00pm.	Ziiivpitti	ZZitypitti	00.00an.	ZZitypitti	22.0 Opin.
proparing for boar							
Any Problems	Seeking drinks,	Seeking drinks,	Seeking drinks,	Seeking drinks,	Seeking drinks	Seeking drinks,	Seeking drinks,
here?	tea, water.	water offered	water offered	tea, water.	water offered	water offered	water offered
		and refused.	and refused.		and accepted.	and refused.	and refused.
If so, what did	Tea and cake			Coke and popcorn			
you do?	given.			given.			
Time in bed at	23:45pm.	22.15pm.	21:30pm.	00:30am.	01:15am.	23:00pm.	23:00pm.
night							
Where?	Initial nap on the	Went to bed with	Went to bed with	Stays up to watch	Looked tired on	Looked tired on	Looked tired on
	couch and then	encouragement	encouragement	a movie, refuses	the couch lights	the couch lights	the couch lights
	encouraged to his	and structure,	and structure,	to go to bed	low and listening	low and listening	low and listening
	bed.	agreed to go to	agreed to go to	despite prompts,	to music, personal	to music, personal	to music, personal
How long did		bed after his	bed after his	becoming	care attended to	care attended to	care attended to
he/she take to		movie.	programme ended.	agitated given	and encouraged	and encouraged	and encouraged
settle?	45 mins.	45 mins	30 mins	space to settle	to bed nil issues.	to bed nil issues.	to bed nil issues.
				seeking more			
What did you do?	1			coke and popcorn.			
	couch and			None available.			
	supported him to			Turned TV and			
	bed			lights down at			
	45 mins.			02:00am and			
				limited			
				engagement			
				3 hours			



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Day and Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
How many times	once at 03:00am	No night time	No night time	Awake at	No night time	No night time	No night time
did he/she wake?	incontinent of	waking.	waking.	05:00am	waking.	waking.	waking.
(note length of	urine, personal			incontinent of			
each waking)	care attended to			urine. Personal			
	in the bathroom			care completed in			
What did you do	and returned to			the bathroom,			
when he/she	bed. 90 mins			returns to his			
woke?				room. Settles			
				back to sleep at			
				5:45			
Time others in the	21:30pm	21:30pm	21:30pm	21:30pm	21:30pm	21:30pm	21:30pm
house went to	22:00рм	22:00pm	22:00pm	22:00pm	22:00pm	22:00ри	22:00pm
bed?	22.45pm	22.45pm	22.45pm	22.45pm	22.45pm	22.45pm	22.45pm
Time woke in	06.00	06.00	06.00	06.00	06.00	06.00	06.00
	06:00am.	06:00am.	06:00am.	06:00am.	06:00am.	06:00am.	06:00am.
morning?							

