

# ADHD sleep diary

This is a sleep diary for you to use when your child is experiencing sleep problems. The information collected over the week can help you to better understand the pattern of the sleep problems and what might be causing them.

If sleep does not improve, you can also give the diary to your child's doctor or healthcare professional to help them decide what else can be done to help. It is usually best to keep a record of sleep over a period of a month or so as this will help to show patterns of sleep issues.

Date:  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

Bed time last night?

How long to get to sleep?

Did you wake up in the night?  
(no. of times)

How long in total were you awake for?

When did you wake up in the morning?

When did you get out of bed?

Total hours of sleep last night?

How do you feel today?  
(indicate how you feel)

Any comments?

