

Daily baby sleep schedule

Record actual sleep and wake times. This is a blank log, not a nap prescription or a sleep-training plan.

Date:

Initials (optional):

Sleep / wake event	Start	End	Caregiver / observation

Handoff notes / questions for your care team

For infant sleep, use the back position on a firm, flat, separate sleep surface with no loose bedding. Follow feeding advice rather than delaying a feed to fit a chart. Source: AAP safe-sleep guidance (linked guide).