

## Sleepy Signs Journal

The Sleepy Signs Journal helps you connect your baby's behavior and level of tiredness to her sleep and wake times. That allows you to pinpoint her best-fitting nap and night time bedtimes. Those are the bedtimes you want because that is when your baby is able – physically – to settle easily and sleep well. These “times” can be fixed-clock times but may also be part of a more loosely arranged EAT-PLAY-SLEEP pattern routine. That choice depends on baby's needs and will be revealed while journaling.

### Get started

On the following pages, you will find the full printable template and a few example entries. Print and then complete your baby's journal for 3-5 days. Then study and look for patterns. For help with **interpreting your journal** and the complete 3-step program to set up your **baby's best nap routine** and schedule, [download No-Tears Naps](#) – the award-winning book by Heidi Holvoet.

### Use of the columns

**Time:** the time or time span of when you observe.

**Activity:** sleeping, wake up, feed, out for a walk, playing on the floor with daddy, ...

**Behavior:** how is your baby? Relaxed, fussy, laughing and playing, yawning, very active, ...

**Sleepy Signs:** which of the *Behavior* signs do you see as sleepy signs? Fussy, yawning, ...

**Awake/Tired Level:** happily awake, almost tired, readily tired or over-tired (if you own No-Tears Naps, see Table 1 for details)

**Remarks:** anything special today? A cold, grandma visiting, vaccination, ...

Sleepy Signs Journal - Printable Template

DAY					
Time	Activity	Behavior	Sleepy Signs	Awake/Tired Level	Remarks

Sleepy Signs Journal - Printable Template

DAY	Fri, Jun 17				
Time	Activity	Behavior	Sleepy Signs	Awake/Tired Level	Remarks
6.00am	Wakes up, breakfast (nursing)	Happy, smiling		Happily awake	Woke up 3 times to feed during the night (11pm, 1am and 3am)
6.30-8am	On the floor, playing	Seems relaxed at first but starts squirming towards 8am	A little fussy around 8am	Almost tired	
8.30am	With me on the sofa, 'chatting'	Active but seems uncomfortable, maybe hungry?	Uncomfortable	?	
9.00am	Nursing	Dozes off at the breast, wakes up to nurse, dozes off, ...	Fussy	?	
9.30am	On the floor	Cries, uncomfortable	Crying	Over-tired?	
10.00am	In the crib	Refuses to sleep, only sleeps after rocking for 30 minutes, then sleeps for 40 minutes		Over-tired	Lisa over for coffee
...	...	...	...	...	...