Sleep Questions

1. Review Table 2.1 on page 48:
   How many hours of nighttime sleep should your baby be getting? ____
   How many hours of nighttime sleep is your baby getting now? ______
   How many total hours of nighttime and naptime sleep should your baby be getting? ________________________________
   How many total hours of nighttime and naptime sleep is your baby getting now? ________________________________
   How do the suggested hours of sleep compare to your baby’s actual hours of sleep?
      Gets ___________ hours too little sleep
      Gets ___________ hours too much sleep

2. Is your baby’s bedtime consistent (within ½ hour) every night? ______

3. Do you “help” your baby to go back to sleep every time, or nearly every time he or she awakens? ________________________________
   How do you do this? _________________________________________

4. What have you learned about your baby’s sleep by doing this log?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________