

## Follow-up Prebedtime Routine Log

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Baby's Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

How many days have you been following your plan? \_\_\_\_\_

Key:

**Activity:** active, moderate, or calm

**Noise:** loud, moderate, or quiet

**Light:** bright, dim, or dark

Time	What we did	Activity level	Noise level	Light level

1. For the past ten days, approximately how many days did you follow your formal bedtime routine? \_\_\_\_\_
2. Is the hour prior to bedtime mostly peaceful, quiet, and dimly lit? \_\_\_\_\_
3. Does your bedtime routine help your baby wind down and prepare for sleep? \_\_\_\_\_
4. Is your nightly routine consistent, acting as a bedtime cue for your baby? \_\_\_\_\_
5. Is your bedtime routine relaxing and enjoyable for you? \_\_\_\_\_