

Sleep Questions

1. Review Table 2.1 on page 43:

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 $\frac{1}{2}$ 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?
