









# Sleep / Feed Diary

Diaries help you to:

- Gain awareness of your child's sleep / feed needs; and
- Keep track of changes

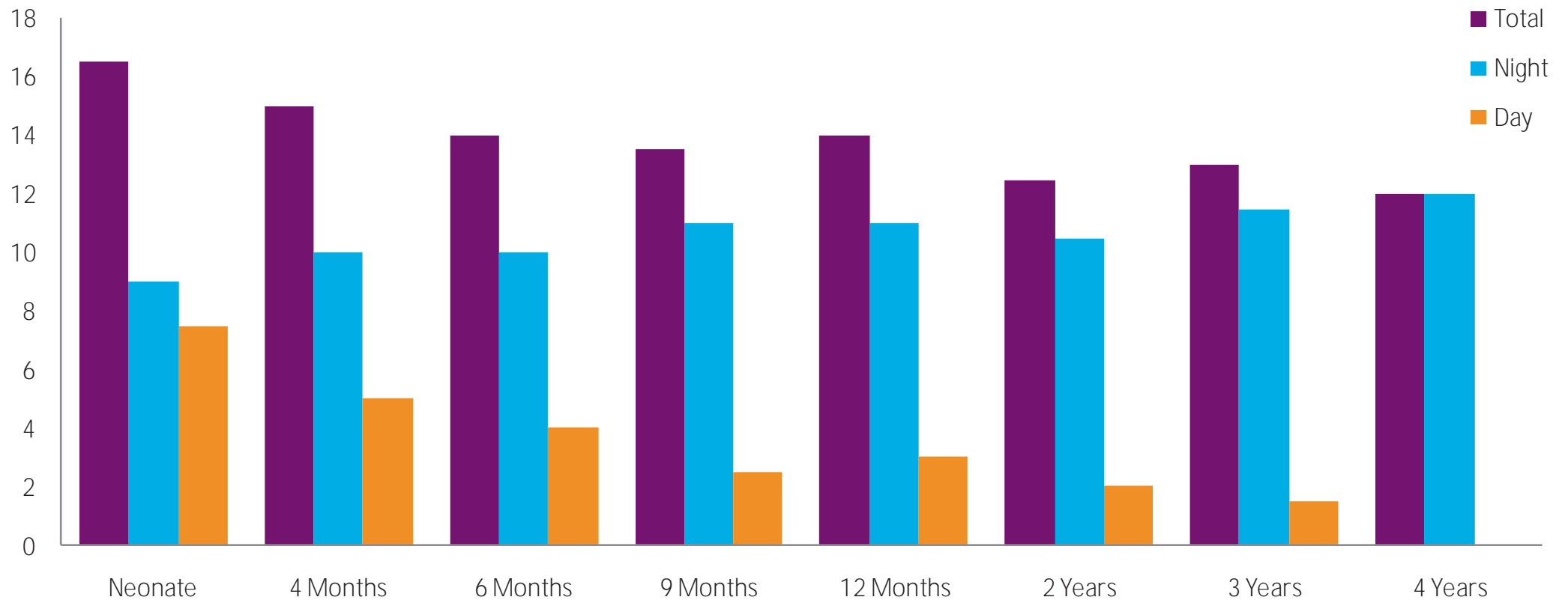
Use these symbols on the chart below

	Denotes sleeping		Denotes feed (bottle / breast)		Put to bed
	Denotes awake		Crying		Picked up

		6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00		
Day 1	AM																											
	PM																											
Day 2	AM																											
	PM																											
Day 3	AM																											
	PM																											
Day 4	AM																											
	PM																											
Day 5	AM																											
	PM																											



## Average Sleep Patterns



Ngala Helpline 9368 9368  
or 1800 111 546 (country callers)  
[www.ngala.com.au](http://www.ngala.com.au)

For more information please contact the Ngala Helpline or refer to Ngala's book "The Secrets of Good Sleepers" that can be ordered from the Ngala website.

