



Sleep/Feed Diary

		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																										

Use these symbols on the chart above:

- ~~~~~ Crying state – your baby is expressing a need for support & calming or meeting other needs.
- /////// Active alert – can fuss & be sensitive to hunger or fatigue. Your baby may need help to return to a drowsy or sleep state.
- ~~~~~ Quiet state – very bright & focused & enjoys interaction. Your baby will feed well during this time.
- ≈ Drowsy state – transition between being asleep and awake. Your baby may not want to interact.
- _____ Sleep

- FS** Feed Solid Food
- FM** Feed Milk (breast/bottle)
- O** Responded To
- X** Put To Bed

This diary could be useful to record what's happening and to help you identify any patterns to discuss with a Ngala practitioner.