



In the below **example** the patient woke up at 8:00 a.m. then took a nap from 2:00 p.m. until 5:00 p.m. then went to sleep for the night at 10:00 p.m. and awoke again in the morning at 7:00 a.m.

Date	Day	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	12:00 AM	1:00 AM	2:00 AM	3:00 AM	4:00 AM	5:00 AM	6:00 AM	7:00 AM	Rate your child's quality of sleep	Rate your child's level of quality of alertness	Rate your child's mood on awakening	
7/4/2011	Day 1	↑						↓	-	-	↑					↓	-	-	-	-	-	-	-	-	-	↑			