

**Through the Night Method**

**24 Hour Sleeping and Eating Log:**

What is your child’s current schedule? A 24-hour period, detailed look at sleep and wake times, feedings (both solids and liquids), etc., is very helpful. Be as detailed as possible. Fill this out and save it to upload as part of your Sleep Intake Form that will be emailed to you. Thank you!!

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| Sleep start and end times:  (start and end times, wakes, naps) | Food amount and time of day:  (liquids, solids, breastfeeding time estimates) | Additional Notes: |
| Example:  7 am wake for day  9 am first nap (45 min)  1 pm second nap? 15 min in car | Example:  7 am breastfeed about 15 min  730 am 10 puffs and oatmeal  1230 pm breastfeed about 20 min |  |