

# BABY SLEEP LOG

Logging baby's sleep is the easiest way to ensure he is getting enough, to identify any patterns (when you are trying to set a schedule), and to pick up on potential problems before they go too far.

	12 am	2 am	4 am	6 am	8 am	10 am	12 pm	2 pm	4 pm	6 pm	8 pm	10 pm
EXAMPLE	(12:15-4:30)		(6:00-9:00)									
SUN												
MON												
TUE												
WED												
THURS												
FRI												
SAT												

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