Sleep log

Track seven nights of bedtime, get-ups and wake-ups, so you can see when the trouble starts and whether the routine is helping.

1. Ask the doctor first about snoring, reflux or anything else medical.
2. Run the same short bedtime routine every night, in the same order. The free picture schedule works well for this.
3. If they get up, walk them back to bed calmly and boringly, with few words and no new treats. Make a tally mark each time.
4. In the morning, give a small reward you saved for staying in bed. Then fill in the row.

Child (first name or initials) _____ Bedtime routine, in order _____ Morning reward for staying in bed _____

The grey row is a made-up example.

Night	Routine started	Lights out	Asleep by (about)	Get-ups (tally)	Woke up	Morning reward?	Notes
9/23	*7:30*	*8:00*	*8:40*	*II*	*6:45*	*yes*	*Asked for water twice*

Free from DRAGEN. Learn it free at dragen.cloud/learn-reinforcement. Free to print, copy and share for your own work, classroom or family; not for resale. Not affiliated with or endorsed by the BACB. General education, not medical or clinical advice for one person. Filled in, a sheet is a private record: store it like one. © 2026 Chase Alexander Hought.