Baby Sleep Tracker

Date: _____

Sleep Log

Time	Nap/Night	Duration	How Baby Fell Asleep (rocking, feeding, self)

Feed & Soothing Notes

Time	Type (breast, bottle, pacifier)	Calming Method Used (white noise, swaddle, etc.)	Baby's Mood

★ Daily Summary

Total naps today: _____

Longest nap: _____

Night wakeups: _____

Total sleep hours: _____