FAMILY LIFE AND WELLBEING

Sleep Diary and Bedtime Support Pack

Free download · My SEND Friend Shop

A sleep diary and bedtime planning pack for noticing patterns, without turning nights into a test.

This is general information and a planning tool, not medical, mental-health or social-care advice. If you are in crisis, contact emergency services or a local crisis line. A checklist cannot measure how good a parent you are. This is not a medical sleep assessment and it does not diagnose a sleep disorder.

Who this is for

Families whose child's sleep, or their own sleep, is under pressure, and who want a record to take to a professional if needed.

What is inside

- How to use a sleep diary kindly
- Seven night pages
- A bedtime plan
- A summary for a conversation

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Record, do not judge

A week of notes can show patterns around falling asleep, night waking, early waking, or a parent being up. Keep entries short. If a professional has already given a sleep plan, follow that first. Medicines, melatonin, and medical causes need a qualified professional — this pack cannot advise on them.

Night 1

Short, factual notes are enough. Leave any box blank if it does not apply.

Date

Completed by

Parent, carer, or school

About what time we started winding down, and what we did

About what time the child settled, or what made settling hard

Night wakings — roughly when, what happened, how long

What time morning really started, and how everyone felt

Anything else that might be relevant (pain, worry, noise, illness, change)

Night 2

Short, factual notes are enough. Leave any box blank if it does not apply.

Date

Completed by

Parent, carer, or school

About what time we started winding down, and what we did

About what time the child settled, or what made settling hard

Night wakings — roughly when, what happened, how long

What time morning really started, and how everyone felt

Anything else that might be relevant (pain, worry, noise, illness, change)

Night 3

Short, factual notes are enough. Leave any box blank if it does not apply.

Date

Completed by

Parent, carer, or school

About what time we started winding down, and what we did

About what time the child settled, or what made settling hard

Night wakings — roughly when, what happened, how long

What time morning really started, and how everyone felt

Anything else that might be relevant (pain, worry, noise, illness, change)

Night 4

Short, factual notes are enough. Leave any box blank if it does not apply.

Date

Completed by

Parent, carer, or school

About what time we started winding down, and what we did

About what time the child settled, or what made settling hard

Night wakings — roughly when, what happened, how long

What time morning really started, and how everyone felt

Anything else that might be relevant (pain, worry, noise, illness, change)

Night 5

Short, factual notes are enough. Leave any box blank if it does not apply.

Date

Completed by

Parent, carer, or school

About what time we started winding down, and what we did

About what time the child settled, or what made settling hard

Night wakings — roughly when, what happened, how long

What time morning really started, and how everyone felt

Anything else that might be relevant (pain, worry, noise, illness, change)

Night 6

Short, factual notes are enough. Leave any box blank if it does not apply.

Date

Completed by

Parent, carer, or school

About what time we started winding down, and what we did

About what time the child settled, or what made settling hard

Night wakings — roughly when, what happened, how long

What time morning really started, and how everyone felt

Anything else that might be relevant (pain, worry, noise, illness, change)

Night 7

Short, factual notes are enough. Leave any box blank if it does not apply.

Date

Completed by

Parent, carer, or school

About what time we started winding down, and what we did

About what time the child settled, or what made settling hard

Night wakings — roughly when, what happened, how long

What time morning really started, and how everyone felt

Anything else that might be relevant (pain, worry, noise, illness, change)

A bedtime plan we can actually keep

A possible wind-down sequence

Change the steps to match your home. Same order most nights is often more useful than a perfect routine.

1.  Quieter evening
2.  Snack if needed
3. Wash / teeth
4. Pyjamas or change
5.  Story or calm
6.  Lights / bed
7. If I wake
8.  Morning later

The week as a whole

Patterns I noticed, and questions I will take to a GP, sleep clinic, or other professional if I seek advice

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family life and wellbeing resources
- Your GP, a local carers' service, or social care, if you need support
- Your local SENDIASS or short-breaks / local-offer pages, if relevant

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

mysendfriend.co.uk · My SEND Friend Shop · Supporting families together