

If you are coming to the autism post-diagnosis sleep workshop, please complete this 1 day sleep diary before the session. This will help you to think about lots of sleep related factors for your child or young person.

If you can not print or download this diary just use a piece of paper to answer the same questions. If comfortable, answers can be discussed in the session.

	Day 1
What time does your child wake up or what time do they need to be woken up?	
What time does your child need their medicines?	
Does your child take any naps during the day?	
Does your child fall asleep during the day?	
Does your child wet the bed, have constipation or other medical issues?	
Does your child have a TV in their room?	
Does your child have their own bed?	



	Day 1
Does your child have their own bedroom?	
What happens when your child gets home from school?	
What happens during their bedtime routine (1 hour before bed)?	
What time is your child in bed?	
Does your child self-soothe?	
What time does your child go to sleep?	
What time did they wake up in the night? How many times did they wake up in the night? Where did they resetttle?	
How many hours did your child sleep?	

