

Sleep monitoring form

Ideal temperature: 18.0-22.9 degrees- 10 minute checks  
 17.9 and below, or 23.0 and above- 5 minute checks



Child's name:

Date:

Where is the child sleeping:

Fell asleep at:	Woke up at:		Notes below
Time check:	Temperature in the room:	Checked by:	
Time check:	Temperature in the room:	Checked by:	
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