



17 Brunswick Street
Ballina NSW 2478

Phone: 02 6686 7799
Fax: 02 6686 4093

admin@fdcballinabyron.com.au
www.fdcballinabyron.com.au

ABN: 85 676 459 681

SLEEP CHART FOR CHILDREN IN CARE.

EDUCATOR NAME: _____

DATE	CHILDS FULL NAME	TIME ASLEEP	TIME AWAKE	10 min	20 min	30 min	40 min	50 min	60 min	70 min	80 min	90 min	100 min	110 min	120 min	COMMENTS

NOTE: If children are unwell, monitor more frequently.

Completed by the signed: _____

