

3.8C SLEEP CHART

Day/Time	12am	2	4	6	8	10	12pm	2	4	6	8	10
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

Sleep chart to assist educators on an overnight roster.

D Indicates child was put to bed

U Indicates time the child awoke