

# Sleepy Scale

How awake are you?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time	Sun:	Mon:	Tues:	Wed:	Thu:	Fri:	Sat:
6am to 12 pm							
Bed low to floor							
12 pm to 6 pm							
Bed low to floor							
6 pm to 12 am							
Bed low to floor							
12 am to 6 am							
Bed low to floor							

*Too tired or sleepy? Talk to us and we can help you with a plan to provide safe care for your baby.*

How awake are you?

1. Wide awake and relaxed



2. Awake but tired



3. Sleepy

▶ Baby in own bed



4. Eyes closed

▶ Baby in own bed



5. Asleep

▶ Baby in own bed

