

# Sleep tracker



Shhhhhh... baby's sleeping. Keep track of your little one's sleep by shading in the number of hours spent snoozing each day.

date/time	12 am	2 am	4 am	6 am	8 am	10 am	12 pm	2 pm	4 pm	6 pm	8 pm	10 pm	12 am
example		11:30 pm - 6 am					11 am - 1 pm		3 pm - 4 pm			7 pm - 11 pm	
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