**BABY SLEEP LOG

Some parents find it useful to maintain a sleep log, to track baby sleep duration and progress. Try it out to get a clearer picture of how much baby is sleeping. The log might also help you understand your baby's schedule, and create regular wake and sleep routines for your baby.

Instructions: Enter the date and fill up your baby's activity.

If you have concerns about your baby's sleep, do talk to your doctor or paediatrician.

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