



Rhythm Tracker Worksheet

Build *Your* Child's Sleep Rhythm

Every child has cues, patterns, and comforts that help them rest best. This worksheet helps you notice and honor those rhythms instead of forcing rigid rules.

1. Track sleepy cues: yawns, eye rubs, zoning out, fussiness.
2. Track settling methods: feeding, rocking, dark room, white noise, touch, etc.
3. Record nap/night sleep duration (without waking them on purpose).
4. Note anything unique (time of day they resist, environment, routine).
5. After 3 days, look for rhythms: when are they most tired, how do they fall asleep fastest, how long do they stay asleep?

| Day | Sleepy Cues | Settling Methods | Nap/Night Duration | Notes/Patterns |
|-------|-------------|------------------|--------------------|----------------|
| Day 1 | | | | |
| Day 2 | | | | |
| Day 3 | | | | |

Reflection:

After 3 days, write down the patterns you noticed. Did certain cues always come before a nap? Which settling method worked fastest? This is your child's rhythm — unique and real.