

Schlafprotokoll



24-Stunden Protokoll Name: _____ Alter: _____

Tag	Datum	05:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	00:00	01:00	02:00	03:00	04:00
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Beispiel (Baby 5 Monate)

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Legende

Einschlafsituation

Schlafphasen

B = Bett

S = Stillen

F = Flasche

A = Arm

Aufwachen //

K = Kinderwagen

Füttern ●

T = Trage

Schreien ⚡

Wachphasen frei lassen

W = Wippe / (Feder-)wiege

AU = Auto