PHN-PREP
Public Health Nursing Practice,
Research & Education Program

Sleep, Feed & Play Tracker

Supplemental Information in Appendix A + B

PHN-PREP
Public Health Nursing Practice, Research & Education Program

Sleep, Feed & Play Tracker

Name: _____

Dates: _____

Child's Age: _____

DATE:	Day 1				Day 2				Day 3				Day 4				Day 5			
	Sleep	Feed	Play		Sleep	Feed	Play		Sleep	Feed	Play		Sleep	Feed	Play		Sleep	Feed	Play	
12:00 AM																				
1:00 AM																				
2:00 AM																				
3:00 AM																				
4:00 AM																				
5:00 AM																				
6:00 AM																				
7:00 AM																				
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6:00 PM																				
7:00 PM																				
8:00 PM																				
9:00 PM																				
10:00 PM																				
11:00 PM																				
TOTALS																				

Legend:

☐ Leave square blank if baby did not do the activity in that hour

■ Shade in the square in full if baby did the activity for the full hour

▨ Shade in the top half if baby did the activity for the first 30 minutes

▨ Shade in the bottom half if baby did the activity for the second 30 minutes

Questions for my nurse: _____

Please save and share with your nurse at your next home visit.

Adapted from Dr. Wendy Hall & Niagara Region Public Health and Emergency Services with permission.

Date of next visit: _____

Using the Sleep, Feed & Play Tracker

Keeping a record of your baby's routines can help you to discover their patterns of sleep and activity. This information will help your public health nurse in supporting you to meet the sleep goals you've set for your family.

1) On the top-right side of the form fill-in your baby's information and the dates you plan to track your baby's activities.

2) In the blank box below each "Day" box, fill-in the day of the week you plan to track.

3) If you would like to track another activity in your baby's day, record this in the blank boxes beside "Play" in each day's column. For example, time spent infant-wearing or carrying, or time spent outdoors.

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Sleep, Feed & Play Tracker

Name: Oliver
Dates: March 3 - 7
Child's Age: 1 month

	Day 1				Day 2				Day 3				Day 4				Day 5			
DATE:	Monday, March 3				Tuesday, March 4				Wednesday, March 5				Thursday, March 6				Friday, March 7			
	Sleep	Feed	Play	Carry	Sleep	Feed	Play	Carry	Sleep	Feed	Play	Carry	Sleep	Feed	Play	Carry	Sleep	Feed	Play	Carry

4) Do your best to record everything you and your baby do throughout the day and how this impacted your baby's routine.

   a. Leave the square blank if the baby did not do the activity in that hour.

   b. Shade the square in full if the baby did the activity for most of the full hour.

   c. Shade the top half of the box if the baby did the activity for the first 30 minutes of that hour.

   d. Shade the bottom half of the box if the baby did the activity for the second 30 minutes of that hour.

   e. Do this for each hour of the day over the next four days.

Day 1			
Monday, March 3			
Sleep	Feed	Play	Carry

12:00 AM
1:00 AM
2:00 AM

5) For the next few days, fill in your *'Sleep, Feed & Play Tracker'* throughout the day to record when your baby is sleeping, eating, playing, and any other activity you would like to track.

6) If someone else is providing care for your baby during this time, ask them to complete the tracker as well.

7) Ask your nurse when your next home visit will be and fill-in the date and time on the bottom of the tracker.

8) On the bottom of the tracker, make note of any questions or information you would like to discuss with your nurse at the next home visit.

Thank you for taking the time to use this tracker and share it with others who care for your baby.

Appendix A: Nursing instructions for completing and evaluating the 'Sleep, Feed & Play Tracker'

When a client has agreed to track their infant's sleep and other activities using the 'Sleep, Feed, & Play Tracker', the nurse can follow these steps with the client to initiate the assessment:

1) Record the baby's information and dates of the intended recording period at the top of the tool in the spaces provided.

2) Fill in the day of the week below each "Day" box, for example, record "Tuesday" below "Day 1", "Wednesday" below "Day 2" and so on.

3) If the family has opted to record an additional item (for example infant-wearing, carrying, time outdoors, crying, etc.), record this in the blank box beside "Play" within each Day column.

4) If possible, engage the family in a 24-hour recall to complete the "Day 1" column, *see example.*

5) Discuss facilitators with the client to help with completion, examples include:
   - Setting a timer on their phone to remind them to complete the tracker a few times each day
   - Posting the tracker in a location of high activity such as on the fridge door or outside of the baby's sleep space
   - Encouraging the client to engage other care providers to complete the tracker as well
   - Inquire with the client if it would be supportive if the nurse were to periodically contact the client as a reminder during this period

6) Schedule a follow-up home visit for a short period of time after the tracking is to have been completed. Record the date and time of the follow-up home visit in the space provided at the bottom of the tracker.

7) Remind the family to retain the tracker to share with the nurse at the next home visit.

Suggestions:

- If appropriate, engage with the client during the tracking period to remind and encourage completion.
- When confirming the follow-up home visit, remind the client that the tracker will be reviewed and ask that they have it available at the visit.

Instructions for evaluating a completed record:

✅ Calculate the total number of hours spent in each activity per day by adding whole hours first, then half-hours. Record the totals in the grey bar at the bottom of the tracker. These values can then be transferred to Appendix B, *Summary Calculation Tables*.

✅ Compare the duration of time spent sleeping, to the evidence-informed expectations found in the PHN-PREP Professional Resource: *Understanding Sleep Health in Families of Infants.*

✅ Count the number of occurrences - sleeps, feeds, play times, and other activity periods per day, including both daytime and nighttime. Record the total number of occurrences per day on Appendix B, *Occurrences and daily average of sleeps, feeds, play times, and other activity periods table.* Divide this by the number of days tracking was completed to obtain an average (for example, if four days of the tracker were completed, divide the total number of sleep occurrences by four). Record this information in the Daily Average column on the worksheet found in Appendix B: *Worksheet for nursing evaluation of 'Sleep, Feed & Play Tracker' data.*

✅ Assess frequency and duration of feedings to ascertain if nutritional needs are not being met.

Using the tables found on page 2 of the *Appendix B: Summary table worksheet for nursing evaluation of 'Sleep, Feed & Play Tracker' data*, calculate:

✅ Daytime and nighttime totals and averages per activity. Daytime and nighttime should be defined by the client as per their routines. Record these values in the *Daytime and Nighttime Tables.*

✅ Sleep-related totals and daily averages (see Additional Evaluation of Sleep Table) of:

- **Number of night wakings:** This is represented by the number of times the baby's overnight sleep was interrupted, including by feeding, play, crying, etc. Count up the number of times the baby was awake during the overnight hours.
- **Length of shortest night waking:** Calculate the number of hours spent awake between each sleep period during the overnight hours. Record the length of duration of the shortest overnight awake period here.
- **Length of longest night waking:** Calculate the number of hours spent awake between each sleep period during the overnight hours. Record the length of duration of the longest overnight awake period here.
- **Number of nighttime sleep periods:** This is represented by the number of times the baby has a distinct period of sleep during the overnight. Periods of sleep may be interrupted by periods of feeding, playing, crying, etc. Count up the number of sleep periods in the overnight hours.
- **Length of shortest nighttime sleep period:** Calculate the duration of each sleep period by adding up the hours of sleep per sleeping occurrence in the overnight hours. Record the length of duration of the shortest sleep period here.
- **Length of longest nighttime sleep period:** Calculate the duration of each sleep period by adding up the hours of sleep per sleeping occurrence in the overnight hours. Record the length of duration of the longest sleep period here.
- **Number of daytime sleep periods:** Often called "naps", daytime sleep periods are represented by the number of times the baby has a distinct period of sleep during the daytime. Periods of sleep may be interrupted by periods of feeding, playing, crying, etc. Count up the number of sleep periods in the daytime hours.
- **Length of shortest daytime sleep period:** Calculate the duration of each sleep period by adding up the hours of sleep per sleeping occurrence in the daytime hours. Record the length of duration of the shortest sleep period here.
- **Length of longest daytime sleep period:** Calculate the duration of each sleep period by adding up the hours of sleep per sleeping occurrence in the daytime hours. Record the length of duration of the longest sleep period here.

Nurses can then compare these values to the evidence-informed expectations found in the PHN-PREP Professional Resource: *Understanding Sleep Health in Families of Infants* and work with the family to select interventions from the PHN-PREP Professional Resource: *Interventions to Promote Sleep: Supporting Families in their Management of Sleep Concerns* to address any sleep concerns.

Appendix B: Worksheet for nursing evaluation of 'Sleep, Feed & Play Tracker' data

Summary Calculation Tables:

1. Transfer totals from the 'Sleep, Feed & Play Tracker' to the appropriate date field.

2. Add each daily total across the row to calculate the total number of hours spent in that activity, record this in the Total column.

3. Divide the total number of hours by the total number of days the tracker was used to find the average and record it in the Average column.

24-hour Totals Summary							
	Day 1	Day 2	Day 3	Day 4	Day 5	Total	Average
Total hours of Sleeping							
Total hours of Feeding							
Total hours of Playing							
Total hours of Other							

Occurrences and 24-hour averages of recorded activities:

Activity	Total number of occurences	Average per 24-hours
Sleeps		
Feeds		
Play times		
Other		

Daytime and Nighttime Tables:

Record the client's definition of "Daytime" in first row of the table (for example, 7AM – 7PM).

Daytime Totals Summary							
	Day 1	Day 2	Day 3	Day 4	Day 5	Total	Average
Total hours of Sleeping							
Total hours of Feeding							
Total hours of Playing							
Total hours of Other							

Record the client's definition of "Nighttime" in first row of the table (for example, 7PM – 7AM).

Nighttime Totals Summary							
	Day 1	Day 2	Day 3	Day 4	Day 5	Total	Average
Total hours of Sleeping							
Total hours of Feeding							
Total hours of Playing							
Total hours of Other							

Additional Evaluation of Sleep Table:

	Total	Average
Number of night wakings		
Length of shortest night waking		
Length of longest night waking		
Number of nighttime sleep periods		
Length of shortest nighttime sleep period		
Length of longest nighttime sleep period		
Number of daytime sleep periods		
Length of shortest daytime sleep period		
Length of longest daytime sleep period		

Sample Completed Tracker

PHN-PREP
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Sleep, Feed & Play Tracker

Name: Emily

Dates: March 3 - 7

Child's Age: 4 months

	Day 1				Day 2				Day 3				Day 4				Day 5			
DATE:	Monday, March 3				Tuesday, March 4				Wednesday, March 5				Thursday, March 6				Friday, March 7			
	Sleep	Feed	Play	Carry	Sleep	Feed	Play	Carry	Sleep	Feed	Play	Carry	Sleep	Feed	Play	Carry	Sleep	Feed	Play	Carry
TOTALS	11	3.5	2	1.5	11.5	4	2	0.5	9.5	4.5	2	1	13	3.5	2.5	0.5	13.5	4	2	0.5

Hours (left and right edges): 12:00 AM, 1:00 AM, 2:00 AM, 3:00 AM, 4:00 AM, 5:00 AM, 6:00 AM, 7:00 AM, 8:00 AM, 9:00 AM, 10:00 AM, 11:00 AM, 12:00 PM, 1:00 PM, 2:00 PM, 3:00 PM, 4:00 PM, 5:00 PM, 6:00 PM, 7:00 PM, 8:00 PM, 9:00 PM, 10:00 PM, 11:00 PM

(7:00 AM – 7:00 PM bracketed as "Daytime")

Legend:

- ☐ Leave square blank if baby did not do the activity in that hour
- ⬛ Shade in the square in full if baby did the activity for the full hour
- Shade in the top half if baby did the activity for the first 30 minutes
- Shade in the bottom half if baby did the activity for the second 30 minutes

Questions for my nurse: _____

Please save and share with your nurse at your next home visit.

Adapted from Dr. Wendy Hall & Niagara Region Public Health and Emergency Services with permission.

Date of next visit: _____

Appendix B: Worksheet for nursing evaluation of 'Sleep, Feed & Play Tracker' data

Summary Calculation Tables:

1. Transfer totals from the 'Sleep, Feed & Play Tracker' to the appropriate date field.

2. Add each daily total across the row to calculate the total number of hours spent in that activity, record this in the Total column.

3. Divide the total number of hours by the total number of days the tracker was used to find the average and record it in the Average column.

24-hour Totals Summary							
	Day 1	Day 2	Day 3	Day 4	Day 5	Total	Average
Total hours of Sleeping	11	11.5	9.5	13	13.5	58.5	11.7
Total hours of Feeding	3.5	4	4.5	3.5	4	19.5	3.9
Total hours of Playing	2	2	2	2.5	2	10.5	2.1
Total hours of Other	1.5	0.5	1	0.5	0.5	4	0.8

Occurrences and 24-hour averages of recorded activities:

Activity	Total number of occurences	Average per 24-hours
Sleeps	5 + 6 + 5 + 6 + 6 = <u>28</u>	5.6 sleeps / day
Feeds	7 + 8 + 9 + 7 + 8 = <u>39</u>	7.8 feeds / day
Play times	3 + 2 + 2 + 2 + 2 = <u>11</u>	2.2 periods of play / day
Other	2 + 1 + 1 + 1 + 1 = <u>6</u>	1.2 times in carrier / day

Daytime and Nighttime Tables:

Record the client's definition of "Daytime" in first row of the table (for example, 7AM - 7PM).

Daytime Totals Summary 7 AM - 8 PM	Day 1	Day 2	Day 3	Day 4	Day 5	Total	Average
Total hours of Sleeping	5	6	4.5	5	5	25.5	5.1 hours of sleep / day
Total hours of Feeding	2	2	2.5	2.5	2.5	11.5	2.3 hours of feeding / day
Total hours of Playing	2	1	2	2.5	2	9	1.8 hours of play / day
Total hours of Other	1.5	0.5	1	0.5	0.5	4	0.8 hours of baby wearing / day

Record the client's definition of "Nighttime" in first row of the table (for example, 7PM - 7AM).

Nighttime Totals Summary 8 PM - 7 AM	Day 1	Day 2	Day 3	Day 4	Day 5	Total	Average
Total hours of Sleeping	6	5.5	5	8	8.5	33	6.6 hours of sleep / night
Total hours of Feeding	1.5	2	2	1	1.5	8	1.6 hours of feeding / night
Total hours of Playing	0	1	0	0	0	1	0.2 hours of play / night
Total hours of Other	0	0	0	0	0	0	0

Additional Evaluation of Sleep Table:

	Total	Average
Number of night wakings	2 + 4 + 2 + 1 + 2 = 11	2.2 night wakings / night
Length of shortest night waking	30 minutes	
Length of longest night waking	4.5 hours	
Number of nighttime sleep periods	2 + 3 + 3 + 2 + 3 = 13	2.6 night time sleeps / night
Length of shortest nighttime sleep period	30 minutes	
Length of longest nighttime sleep period	4.5 hours	
Number of daytime sleep periods	3 + 3 + 2 + 4 + 3 = 15	3 sleep periods / day (or naps)
Length of shortest daytime sleep period	30 minutes	
Length of longest daytime sleep period	2.5 hours	