

SLEEP JOURNAL

If your child is having difficulties with his/her sleep, your pediatrician may refer you to the Alberta Children's Hospital Sleep Clinic

In order to understand your child's sleep problems better, the Sleep Clinic requests that a sleep journal be filled out

Please use the following link to print and fill out the sleep journal. You can send it to us by mail or fax or you can drop it off at the clinic

- [Sleep Journal](#)