

Newborn Sleep Routine Tracker

Track Your Baby's Sleep, Naps, and Night Routine (0–3 Months)

Date	Nap Start		Nap End		Duration		Night Sleep Start		Night Sleep End		Duration		Notes (Feeding, Diapering, etc.)	

Tips for Moms:

- Keep the tracker near your baby's crib
- Be flexible—newborn sleep is unpredictable
- Note patterns or growth spurts
- Use the notes section to track feeding or fussiness