Armidale Family Day Care

Sleep Monitoring Chart

CODE (A) Child Moved (B) Loud Breathing (C) Eyes Moved (D) Chest Moved Up and Down

Child's Full Name.....Educator's Name.....

Educators are to physically check sleeping children every 10 minutes and record on the chart below

Date	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code

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