

Sleep Diary

For a Disability Living Allowance (DLA) claim for a child

This diary is designed to record your child's night-time care and supervision needs in a way that supports a DLA claim. DLA looks at whether a child needs substantially more attention or watching over at night than a child of the same age without a disability. What matters is the care YOU give, not only the fact that they woke.

How to use it

1. Fill in one Daily Sheet for each night. Print as many as you need — aim for at least 1–2 weeks so a pattern is clear.
2. Write what you actually did: getting up, resettling, changing, supervising, checking, comforting. Note how long each took.
3. Record the time and how many times you were up. Frequency and duration are what assessors look for.
4. Note the knock-on effect the next day (tiredness, behaviour, missed activities) in the space provided.
5. Keep it factual and specific. "Up 4 times, 20–40 mins each, needed resettling and supervision to stay safe" is stronger than "bad night".
6. Attach the completed sheets to your claim, or summarise them on the Weekly Overview page.

Tip

This diary is evidence, not a medical assessment. It works best alongside letters from professionals (GP, paediatrician, health visitor, school). You don't need to complete every box every night — just be consistent.

Weekly Overview

At-a-glance summary — one row per night

Date	Settle time	Times up	Total care overnight	Effect next day

Summary for the week: describe the overall pattern of night-time care in your own words — how often you were up, roughly how long each night, and what supervision your child needed to stay safe.

Daily Sheet

One night — print one per night

Date _____ Day of week _____ Bedtime _____

Settling at bedtime *How long to settle? Help needed?*

Night wakings *The core of your evidence — one row per waking*

Time	How long	What was needed (care / supervision given)	Safe alone?

Early waking / morning *Woke before it was reasonable? Care given?*

Total time you were awake caring overnight *Add up the wakings*

Effect on the next day *Tiredness, behaviour, missed school/activities, extra care*

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