

Time	6 a.m.-12 p.m.	12-6 p.m.	6 p.m.-12 a.m.	12-6 a.m.
Time of whining				
Length of whining				
Calming methods (carrying, sitting next to bed, singing, breastfeeding, pacifier, drink, teddy)				
Time of crying				
Length of crying				
Calming methods (carrying, sitting next to bed, singing, breastfeeding, pacifier, drink, teddy)				