

Supplemental Material Figure 2. The completed practice sleep diary below reflects the scenarios in Supplemental Material Figure 1.

DAY / DATE	Watch Off reason length of time	Bedtime Lights Out: push the event marker <u>write the watch time</u>	Morning Wake Time: push the event marker <u>write the watch time</u>	Night waking times and other comments:
EXAMPLE Monday, 1/2/2012	Bath Time: 7:15 - 7:30	8:15 PM	6:08 AM	Child woke up with a bad dream around 1 AM and stayed awake for 2 hours. Put back to bed 3 AM
Thursday, 3/1/2012 (Night 1)	Bath Time: 6:45 - 7:15 PM	8:30 PM	6:45 AM	Woke at 2 AM, back to sleep in our bed at 4 AM.
Friday, 3/2/2012 (Night 2)	Bath Time: 8 PM Swimming 5-6 PM	9:00 PM	6:00 AM	Forgot to push the button at bedtime. Pushed ten minutes later.
Saturday, 3/3/2012 (Night 3)	Bath: 8 PM	9:00 PM	5:00 AM	Fever and chills tonight. Heard him cry out at 9:15 PM so I went to his room to soothe him, he fell back asleep at 9:30 pm. Cried out a second time at 10 PM and I was able to get him back to sleep by 10:15.