



Puppy's First Nights Diary

A simple three-night record to help you see how your puppy is settling and spot small improvements.



Don't expect your puppy to sleep through the night immediately.

The purpose of this diary is to help you spot patterns and notice the small improvements that are very easy to miss when you're tired. Try not to change several things at once. Keep your puppy's bedtime routine as consistent as you can and make one sensible change at a time.

What to record	Night 1 Date: _____	Night 2 Date: _____	Night 3 Date: _____
 What time was your puppy's last meal?			
 What time was their last drink?			
 What time did they last go to the toilet before bed?			
 What time did you settle your puppy for the night?			
 Where was the crate positioned?			
 How long did your puppy fuss or whine before settling?			
 What did you do while they were settling?			
 If you set an alarm to toilet your puppy, what time was it set for? <i>See the Toilet Training section for more guidance on overnight toileting.</i>			
 Did your puppy toilet when you took them out?			
 Did your puppy wake at any other time during the night? If so, when?			
 How quickly did they settle again?			
 What time did they wake for the morning?			
 Was anything different that day? For example, visitors, a late nap, lots of excitement or a change in routine.			

After three nights ...

Have a look back over your diary.

- Is your puppy settling more quickly?
- Are they waking at roughly the same time each night?
- If you're using an alarm, are you waking your puppy rather than your puppy waking you?
- Is there a pattern to any other waking?
- What seems to help your puppy settle?
- Is there anything in the daytime routine that seems to affect the night?
- What will you keep the same tonight?

