

## Sleep Solutions Worksheet

Today's date: \_\_\_\_\_

Please complete the following worksheet to develop a sleep solutions plan for your child:

Child's current sleep difficulties (e.g. bedtime non-compliance, sleep interfering behavior, delayed sleep onset, night awakenings, early awakenings)

### Step 1: Ideal sleep schedule

How many hours should child sleep based on age (see chart)

Child's sleep pattern approximately:

Time put into bed	Fall asleep time	Wake up time	Night awakenings (if applicable)

Based on your knowledge of your child's sleep pattern – select an optimal bedtime to try with your child

Bedtime: \_\_\_\_\_ or +1 hour = \_\_\_\_\_

### Step 2: Develop nighttime routine

Possible changes to routine:

### Step 3: Optimize sleep environment

Possible changes to bedroom conditions:

**Step 4: Optimize sleep dependencies**

List child's current sleep dependencies (if applicable)?

Ideas to change dependencies?

**Step 5: Address sleep-interfering behaviors**

Questions to ask presenters regarding how to use sleep log:

The sleep intervention (s) to try:

During this sleep intervention, I will try to:

Things I will need to get (e.g. timer, non-spilling cup for bedroom, quiet activities):

I need the following supports (e.g. person to watch siblings, friend to call for support)

I have the following questions: