



Sleep Consultation Questionnaire

Name:

Address:

Phone Number:

Email Address:

Pediatrician:

Pediatrician's Phone number:

Last Check-Up:

Child's Name:

Male or Female:

Child's Date of Birth

Birth Weight:

Was your baby born full-term (38 weeks)?

If not, when:

Last official weight of infant and date of weigh in:

Any delivery physical or medical complications?

Has your baby been diagnosed with acid reflux or infant GERD? Any other current physical or medical issues?

Feeding

Is your baby breastfed, formula fed, or both?

If your baby is breastfed, have bottles been introduced?

How many times in a 24 hour day does your baby eat?

Does your baby spit up frequently before or after eating?

Do you ever wake your baby up to eat?

Do you ever feed your baby to sleep? If so every time before your baby sleeps or occasionally?

Please describe a typical eating schedule:

Sleep

Is your baby on any type of schedule or routine? If yes, please describe. If no, would you like help establishing a schedule?

Does your child wake up during the night? If so, what time (s)?

If yes, what do you do when your child wakes?

What time does your baby go to sleep in the evening? Wake up in the morning?

What would your ideal time be for your infant to wake up? Go to sleep at night?

Where does your child sleep? Where do you want your child to sleep?

Does your child nap at the same time each day? If yes, when?

Where does your child usually nap? For about how long?

What kinds of things soothe your infant? What does not?

What is the temperature in the room where your child sleeps?

Have you ever used a white noise machine to help your baby sleep?

Are you comfortable with any crying? If yes, how much? If no, that's okay too.

Have you ever allowed your child to cry upon waking? If yes, about how long?

Anything that you and your spouse/partner differ on when it comes to the infant and sleep?

Additional Information

Any other children in the home? Ages? What are their sleep patterns like?

Do you have help (other family members, nanny, babysitters, etc)?

Was there a book or approach you had hoped to utilize with your child? If yes, please explain how it has or has not helped and if you want to continue with it.

What is your ultimate goal in this process?

Anything else that you think is relevant or helpful?