Brief Infant Sleep Questionnaire – Revised
Short Form

Please think about your child’s sleep during the past two weeks in answering the following questions. Select only one answer unless otherwise indicated.

1. [PB3* RtDur] What time do you usually start your child’s bedtime routine (start getting your child ready for bed)?
   Example: 8:20 PM would be 8 o’clock and 20 minutes.
   
   ________ o’clock (hours military time; minimum 17 and maximum 24)
   ________ minutes (minutes)

2. [PB1] In a typical week, how often does your child have the exact same bedtime routine?
   □ 0 (0) □ 1 (1) □ 2(2) □ 3(3) □ 4(4) □ 5(5) □ 6(6) □ 7 nights (7)

3. [PB4] Where does your child usually fall asleep at bedtime?
   □ Crib (1) □ Bassinet/infant seat (5)
   □ Own bed (any size) (2) □ Swing/stroller (6)
   □ Parent’s bed (3) □ Parent’s/adult’s arms (7)
   □ Co-sleeper (attached to parents’ bed) (4) □ Other (8)

4. [PB7] How does your child usually fall asleep at bedtime?
   □ While being held or rocked (1)
   □ With an adult in the room, but not being held or rocked (2)
   □ On own (without an adult in the room) (3)

5. [PB6] At bedtime, does your child usually fall asleep while breastfeeding, bottle feeding, or drinking from a sippy cup?
   □ Yes (1)
   □ No (0)

6. [PB2] What time do you usually put your child to bed at night (lights out)?
   Example: 8:20 PM would be 8 o’clock and 20 minutes.
   
   ________ o’clock (hours military time; minimum 17 and maximum 24)
   ________ minutes (minutes)
7. [PP3] Typically, how difficult is bedtime?
   □ Very easy (1)
   □ Somewhat easy (2)
   □ Neither easy nor difficult (3)
   □ Somewhat difficult (4)
   □ Very difficult (5)

8. [IS2] How long does it usually take your child to fall asleep?
   Example: If you put your child to bed at 8:15pm and your child falls asleep at 8:30pm, it took 15 minutes for your child to fall asleep
   (range: 0-150, minutes)
   ______ minutes

9. [PB5] In what room does your child sleep for most of the night?
   □ In his/her own room (1)       □ In sibling’s or other bedroom (2)
   □ In parent’s room (3)          □ In another room of the house (4)

10. [PB8] Where does your child sleep for most of the night?
    □ Crib (1)                     □ Bassinet/infant seat (5)
    □ Own bed (any size) (2)       □ Swing/stroller (6)
    □ Parent’s bed (3)            □ Other (7)
    □ Co-sleeper (attached to parents’ bed) (4)

11. [IS1] How many times does your child usually wake during the night?
    ________ times per night (range: 0 to 5)
12. When your child wakes up during the night, what do you do?  
(please check “yes” or “no” for each item)

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<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>My child does not wake up during the night</td>
<td>(1)</td>
<td>(0)</td>
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<tr>
<td>Pick up my child and put him/her back down while child is still awake [*PB9]</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Bottle or breast feed, or use sippy cup, to put child back to sleep [*PB11]</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Play with my child, watch TV, or use/show smartphone/tablet [*PB10]</td>
<td>(1)</td>
<td>(0)</td>
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13. [IS5] How much total time during the NIGHT is your child usually awake?  
Example: If your child woke up 2 times and was awake for about 15 minutes each time, your child’s total time spent awake would be 30 minutes  
(convert to minutes; range: 0-240)  

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<td>hours</td>
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14. [IS3] What is the longest stretch of time that your child is asleep during the NIGHT without waking up? (convert to minutes; range: 30-840)  

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<td>hours</td>
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15. [IS4] How much total time does your child spend sleeping during the NIGHT (between 7:00 in the evening and 8:00 in the morning)?  
(convert to minutes; range: 300-840)  

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<td>hours</td>
<td>minutes</td>
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16. [PP2] How well does your child usually sleep at night.  

- □ Very well (1)  
- □ Well (2)  
- □ Fairly well (3)  
- □ Poorly (4)  
- □ Very poorly (5)
17. [PP1] Do you consider your child’s sleep a problem?

☐ Not a problem at all (1)
☐ A very small problem (2)
☐ A small problem (3)
☐ A moderate problem (4)
☐ A serious problem (5)

**IS** = Infant Sleep subscale item  
**PB** = Parent Behavior subscale item  
**PP** = Parent Perception subscale item

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