

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. 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
_____ minutes

2. In a typical week, how often does your child have the exact same bedtime routine?

0 1 2 3 4 5 6 7 nights

3. Where does your child usually fall asleep at bedtime?

- | | |
|--|--|
| <input type="checkbox"/> Crib | <input type="checkbox"/> Bassinet/infant seat |
| <input type="checkbox"/> Own bed (any size) | <input type="checkbox"/> Swing/stroller |
| <input type="checkbox"/> Parent's bed | <input type="checkbox"/> Parent's/adult's arms |
| <input type="checkbox"/> Co-sleeper (attached to parents' bed) | <input type="checkbox"/> Other |

4. How does your child usually fall asleep at bedtime?

- While being held or rocked
 With an adult in the room, but not being held or rocked
 On own (without an adult in the room)

5. At bedtime, does your child usually fall asleep while breastfeeding, bottle feeding, or drinking from a sippy cup?

- Yes
 No

6. 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
_____ minutes

7. Typically, how difficult is bedtime?

- Very easy
- Somewhat easy
- Neither easy nor difficult
- Somewhat difficult
- Very difficult

8. 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

_____ minutes

9. In what room does your child sleep for most of the night?

- In his/her own room
- In sibling's or other bedroom
- In parent's room
- In another room of the house

10. Where does your child sleep for most of the night?

- Crib
- Bassinet/infant seat
- Own bed (any size)
- Swing/stroller
- Parent's bed
- Other
- Co-sleeper (attached to parents' bed)

11. How many times does your child usually wake during the night?

_____ times per night

12. When your child wakes up during the night, what do you do?
 (please check "yes" or "no" for each item)

	Yes	No
My child does not wake up during the night		
Pick up my child and put him/her back down while child is still awake		
Bottle or breast feed, or use sippy cup, to put child back to sleep		
Play with my child, watch TV, or use/show smartphone/tablet		

13. 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

_____ hours
 _____ minutes

14. What is the longest stretch of time that your child is asleep during the NIGHT without waking up?

_____ hours
 _____ minutes

15. How much total time does your child spend sleeping during the NIGHT (between 7:00 in the evening and 8:00 in the morning)?

_____ hours
 _____ minutes

16. How well does your child usually sleep at night.

- Very well
- Well
- Fairly well
- Poorly
- Very poorly

17. Do you consider your child's sleep a problem?

- Not a problem at all
- A very small problem
- A small problem
- A moderate problem
- A serious problem

IS = Infant Sleep subscale item

PB = Parent Behavior subscale item

PP = Parent Perception subscale item

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