

Brief Infant Sleep Questionnaire – Revised

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. Which of the following usually occurs on most nights for your child in the hour before bedtime? (check all that apply) (no = 0; yes = 1)

- | | |
|---|--|
| <input type="checkbox"/> Bath | <input type="checkbox"/> Brush teeth |
| <input type="checkbox"/> Massage | <input type="checkbox"/> Play |
| <input type="checkbox"/> Read books/being read to | <input type="checkbox"/> Cuddle |
| <input type="checkbox"/> Rocked | <input type="checkbox"/> Say prayers |
| <input type="checkbox"/> Watch television | <input type="checkbox"/> Sing songs |
| <input type="checkbox"/> Have dinner or a snack | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> Have a bottle, drink, or nurse | <input type="checkbox"/> Use or watch smartphone or tablet |
| <input type="checkbox"/> Run around | <input type="checkbox"/> Other |

***3. [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)

4. As part of your child's bedtime routine, does your child usually breastfeed or drink breastmilk?

- Yes (1)
 No (0)

5. In which room does your child usually fall asleep at bedtime?

- In his/her own room (1)
 In parent's room (2)
 In sibling's or other bedroom (3)
 In another room of the house (4)

***6. [PB4] Where does your child usually fall asleep at bedtime?**

- Crib (1)
- Own bed (any size) (2)
- Parent's bed (3)
- Co-sleeper (attached to parents' bed) (4)
- Bassinet/infant seat (5)
- Swing/stroller (6)
- Parent's/adult's arms (7)
- Other (8)

***7. [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)

***8. [PB6] At bedtime, does your child usually fall asleep while breastfeeding, bottle feeding, or drinking from a sippy cup?**

- Yes (1)
- No (0)

9. Does your child usually fall asleep at bedtime with a pacifier?

- Yes (1)
- No (0)

10. Are there usually electronics (e.g., television, smartphone, or tablet) on in the room while your child falls asleep at bedtime?

- Yes (1)
- No (0)

11. Who puts your child to bed at bedtime?

- Only mother (1)
- Usually mother (2)
- Mother and father/partner equally (3)
- Usually father/partner (4)
- Only father/partner (5)
- Usually someone else (6)

***12. [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)

13. In a typical week, how regularly do you put your child to bed at the same time (within 15 minutes)?

- 0 (0) 1 (1) 2(2) 3(3) 4(4) 5(5) 6(6) 7 nights (7)

***14. [PP3] Typically, how difficult is bedtime?**

- Very easy (1)
 Somewhat easy (2)
 Neither easy nor difficult (3)
 Somewhat difficult (4)
 Very difficult (5)

***15. [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

***16. [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)

***17. [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)

18. In what position does your child sleep most of the time?

- On his/her belly (1) On his/her side (2) On his/her back (3)

***19. [IS1] How many times does your child usually wake during the night?**

_____ times per night (range: 0 to 5)

***20. 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	(1)	(0)
Pick up my child and hold/rock him/her until child falls asleep	(1)	(0)
Pick up my child and put him/her back down while child is still awake [*PB9]	(1)	(0)
Rub or pat my child but do not pick up or take out of crib/bed	(1)	(0)
Lie next to my child in his/her room/bed	(1)	(0)
Bottle feed or use sippy cup to put child back to sleep [*PB11]	(1)	(0)
Breastfeed/nurse child back to sleep [*PB11]	(1)	(0)
Give my child a pacifier	(1)	(0)
Change diaper	(1)	(0)
Comfort my child verbally but don't pick child up or take child out of crib/bed	(1)	(0)
Bring child into my bed	(1)	(0)
Let my child cry and fall back to sleep by him/herself	(1)	(0)
Give my child a few minutes to see if he/she falls back to sleep	(1)	(0)
Play with my child, watch TV, or use/show smartphone/tablet [*PB10]	(1)	(0)
Sing to child	(1)	(0)

21. Who responds when your child wakes up during the night?

- Only mother (1)
- Usually mother (2)
- Mother and father/partner equally (3)
- Usually father/partner (4)
- Only father/partner (5)
- Usually someone else (6)

***22. [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)

_____ hours
_____ minutes

***23. [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)**

_____ hours
_____ minutes

24. Does your child snore during sleep?

- Never (or only when sick or have a cold) (0)
- Only occasionally (1)
- Less than 3 times a week (2)
- 3 times a week or more (3)

25. What time does your child wake up in the morning?

Example 8:20AM would be 8 o'clock and 20 minutes

_____ o'clock (hours; minimum 4 and maximum 12)
_____ minutes (minutes)

***26. [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)**

_____ hours
_____ minutes

27. Where does your child usually wake up in the morning?

- 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)

***28. [PP2] How well does your child usually sleep at night.**

- Very well (1)
- Well (2)
- Fairly well (3)
- Poorly (4)
- Very poorly (5)

29. How would you rate your child's mood when he/she wakes up in the morning?

- Very happy (1)
- Somewhat happy (2)
- Neutral (3)
- Somewhat fussy (4)
- Very fussy (5)

30. On a typical DAY, how many naps does your child take (between 8 in the morning and 7 in the evening)?

_____ naps (range: 0 to 6)

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

Example: if your child took 2 naps and slept 1 hour each time, your child's total time spent sleeping during the day is 2 hours.

(convert to minutes; range: 30 to 360)

_____ hours
_____ minutes

***32. [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)

33. How confident do you feel about managing your child's sleep?

- Very confident (1)
- Somewhat confident (2)
- Neutral (3)
- Somewhat unsure (4)
- Very unsure (5)

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

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