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)
   □ Bath
   □ Massage
   □ Read books/being read to
   □ Rocked
   □ Watch television
   □ Have dinner or a snack
   □ Have a bottle, drink, or nurse
   □ Run around
   □ Brush teeth
   □ Play
   □ Cuddle
   □ Say prayers
   □ Sing songs
   □ Listen to music
   □ Use or watch smartphone or tablet
   □ 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)

<table>
<thead>
<tr>
<th>Option</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>My child does not wake up during the night</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Pick up my child and hold/rock him/her until child falls asleep</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Pick up my child and put him/her back down while child is still awake</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Rub or pat my child but do not pick up or take out of crib/bed</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Lie next to my child in his/her room/bed</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Bottle feed or use sippy cup to put child back to sleep</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Breastfeed/nurse child back to sleep</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Give my child a pacifier</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Change diaper</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Comfort my child verbally but don’t pick child up or take child out of crib/bed</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Bring child into my bed</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Let my child cry and fall back to sleep by him/herself</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Give my child a few minutes to see if he/she falls back to sleep</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Play with my child, watch TV, or use/show smartphone/tablet</td>
<td>(1)</td>
<td>(0)</td>
</tr>
<tr>
<td>Sing to child</td>
<td>(1)</td>
<td>(0)</td>
</tr>
</tbody>
</table>

**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

© Avi Sadeh, D.Sc., Jodi A. Mindell, Ph.D., and Liat Tikotzky, Ph.D.