Brief Infant Sleep Questionnaire – Revised

Please answer a few questions about your family.

1. What is your relationship to your child?
   □ Mother □ Grandparent
   □ Father □ Other

2. What is the highest degree that you completed?
   □ Less than high school/secondary
   □ High school/secondary
   □ College/university
   □ Graduate (e.g., MS, MD, JD, Ph.D.)
   □ Prefer not to answer

3. How old is your child (in months)?
   ________months

4. Was your child premature (born before 37 weeks' gestation)?
   □ Yes
   □ No
   □ I don’t know

5. My child’s biological sex is
   □ Male
   □ Female
   □ Intersex

6. In which country/region do you currently reside?
   Country/region: ________________________________

7. How many nights per week are you involved with your child at bedtime and/or overnight?
   □ 0 □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 nights
Please think about your child’s sleep during the past two weeks in answering the following questions.

1. What time do you usually start your child’s bedtime routine (start getting your child ready for bed)?
   Example: 7:45 PM would be written as _______ 7 : 45 PM
   
   I start getting my child ready for bed at _______ : _______

2. Which of the following usually occurs on most nights for your child in the hour before bedtime? (check all that apply)
   □ Bath
   □ Massage
   □ Read books/being read to
   □ Rock
   □ 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, tablet, or other electronics
   □ Other

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

4. As part of your child’s bedtime routine, does your child usually breastfeed or drink breastmilk?
   □ Yes
   □ No

5. In which room does your child usually fall asleep at bedtime?
   □ In his/her own room
   □ In parents’ room
   □ In sibling’s or other bedroom
   □ In another room of the house

6. Where does your child usually fall asleep at bedtime?
   □ Crib
   □ Own bed (any size)
   □ Parents’ bed
   □ Co-sleeper (attached to parents’ bed)
   □ Bassinet/infant seat
   □ Swing/stroller
   □ Parent’s/adult’s arms
   □ Other
7. 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)

8. At bedtime, does your child usually fall asleep while breastfeeding, bottle feeding, or drinking from a sippy cup?
   □ Yes
   □ No

9. Does your child usually fall asleep at bedtime with a pacifier?
   □ Yes
   □ No

10. Are there usually electronics (e.g., television, smartphone, or tablet) on in the room while your child falls asleep at bedtime?
    □ Yes
    □ No

11. Who puts your child to bed at bedtime?
    □ Only mother
    □ Usually mother
    □ Two parents equally
    □ Usually father/partner
    □ Only father/partner
    □ Usually someone else

12. What time do you usually put your child to bed at night (lights out)?
    Example: 8:30 PM would be written as __8___:___30___PM
    I put my child to bed at _______:_______

13. In a typical week, how often does your child have the same bedtime (within 15 minutes)?
    □ 0 □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 nights

14. Typically, how difficult is bedtime?
    □ Very easy
    □ Somewhat easy
    □ Neither easy nor difficult
    □ Somewhat difficult
    □ Very difficult
15. How long does it usually take your child to fall asleep?
   Example: If you put your child to bed at 6:30 pm and your child falls asleep at 8:00 pm, it takes 1 hour and 30 minutes for your child to fall asleep.
   __________ hours
   __________ minutes

16. In what room does your child sleep for most of the night?
   □ In his/her own room  □ In sibling’s or other bedroom
   □ In parents’ room  □ In another room of the house

17. Where does your child sleep for most of the night?
   □ Crib  □ Bassinet/infant seat
   □ Own bed (any size)  □ Swing/stroller
   □ Parents’ bed  □ Other
   □ Co-sleeper (attached to parents’ bed)

18. In what position does your child sleep most of the time?
   □ On his/her belly  □ On his/her side  □ On his/her back

19. How many times does your child usually wake during the night?
   __________ times per night

20. When your child wakes up during the night, what do you usually do?
   (check all that apply)
   □ Pick up my child and hold/rock him/her until child falls asleep
   □ Pick up my child and put him/her back down while still awake
   □ Rub or pat my child but do not pick up or take out of crib/bed
   □ Lie next to my child in his/her room/bed
   □ Bottle feed or give a sippy cup to put my child back to sleep
   □ Breastfeed/nurse my child back to sleep
   □ Give my child a pacifier
   □ Change diaper
   □ Comfort my child verbally but don’t pick up my child or take out of crib/bed
   □ Bring child into my bed
   □ Let my child cry and fall back to sleep by him/herself
   □ Give my child a few minutes to see if he/she falls back to sleep
   □ Play with my child, watch TV, or use/show smartphone/tablet
   □ Sing to my child
   □ None of these
21. Who responds when your child wakes up during the night?
   - □ Only mother
   - □ Usually mother
   - □ Two parents equally
   - □ Usually father/partner
   - □ Only father/partner
   - □ Usually someone else

22. How much total time during the NIGHT is your child usually awake (between when your child goes to bed and wakes for the day)?
   Example: If your child wakes up 2 times and is awake for about 15 minutes each time, your child’s total time spent awake is 30 minutes. In that case, write “0 hours, 30 minutes.”
   ________ hours
   ________ minutes

23. What is the _longest stretch_ of time that your child is asleep during the NIGHT without waking up?
   ________ hours
   ________ minutes

24. Does your child snore during sleep?
   - □ Never (or only when sick or has a cold)
   - □ Only occasionally
   - □ Less than 3 times a week
   - □ 3 times a week or more

25. What time does your child wake up in the morning?
   My child wakes up at ________:_______

26. How much total time does your child spend sleeping during the NIGHT (between when your child goes to bed and wakes for the day)?
   Example: If your child sleeps for 3 hours, wakes up, then sleeps for 5 hours and 30 minutes more, your child sleeps for 8 hours and 30 minutes total.
   ________ hours
   ________ minutes

27. Where does your child usually wake up in the morning?
   - □ Crib
   - □ Own bed (any size)
   - □ Parents’ bed
   - □ Co-sleeper (attached to parents’ bed)
   - □ Bassinet/infant seat
   - □ Swing/stroller
   - □ Other
28. How well does your child usually sleep at night?
   □ Very well
   □ Well
   □ Fairly well
   □ Poorly
   □ Very poorly

29. How would you rate your child’s mood when he/she wakes up in the morning?
   □ Very happy
   □ Somewhat happy
   □ Neutral
   □ Somewhat fussy
   □ Very fussy

30. On a typical DAY, how many naps does your child take (between when your child wakes for the day and goes to bed at night)?
   ______ naps

31. How much total time does your child spend sleeping during the DAY (between when your child wakes for the day and goes to bed at night)?
   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.
   ______ hours
   ______ minutes

32. 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

33. How confident do you feel about managing your child’s sleep?
   □ Very confident
   □ Somewhat confident
   □ Neutral
   □ Somewhat unsure
   □ Very unsure