



Constance Lewis
PEDIATRIC SLEEP CONSULTANT

Preliminary Questionnaire

Hi,

I'd like to ask you to take a few minutes to answer some questions about your child's sleep habits before we talk in person.

This will help me prepare for our meeting, and will let us make the best use of our time together.

There are quite a few questions, but almost all of them can be answered in just a sentence or two, so please don't be intimidated!

You can just answer the questions in the spaces provided, and then send this attachment back to me. (youremail@email.com) It would be great if you could have this back to me at least 2 days before our meeting!

Thanks, and the questions start below!

1. How old is your child?
2. How much does he/she weigh?
3. Was your child premature?



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4. Did he/she have colic?
5. Have there been any health issues or concerns?
6. Is your child on any medication?
7. Have you spoken to your doctor about your child's sleep difficulties?
8. What time does your child wake to start his/her day?
9. What happens at this time? Are they given a bottle, breastfeed, start with solids, etc.
10. What signals do you notice your child gives when he/she is tired?
11. What time of day does the first nap usually occur and where does it take place?
12. How do you get your child to sleep for this first nap?



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13. How long does this nap last?
14. What time of day does the second nap occur?
15. How does your child fall asleep for this nap?
16. How long does this nap last?
17. Is there a third or fourth nap during the day or early evening?
18. How does your child fall asleep for these naps?
19. What time do you start getting your son/daughter ready for bed?
20. What do you do with your child when getting them ready for bed? (For example: bath, brush teeth, sing songs, read stories, play a game, etc.)



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21. What time does your child actually fall asleep at bedtime?

22. How does your child fall asleep at this time?

23. What happens during the night? (Best AND worst case scenarios.)

24. Have you read any books about infant sleep, and have you tried any suggestions from these books in the past?

25. Was there a time when your child slept well and then things changed?

26. Is there anything else you would like to share with me that you think I should know before we meet?

Please provide me with your mailing address so that I can keep in touch with you: That's it!

Thanks for getting this back to me, and I look forward to our meeting!

Constance Lewis, WHNP, Certified Sleep Sense Consultant

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