



Sheffield Children and Young People Sleeping Well Research Project

Your Child's Sleep Pattern Questions

In this research project, the term 'your child' refers to the child in your care for which you have a concern about their sleep.

Study ID: _____

Baseline Evaluation Intermediate Evaluation Follow-up Evaluation

Completed by: Parent/Carer

1. What time does your child usually go up to bed?
2. What time does your child usually settle down to try and sleep?
3. How long does it take for your child to usually fall asleep?
4. How many nights a week does your child usually wake?
5. How many times a night do they usually wake?
6. How long are they usually awake for?
7. Do you usually get up to them?
8. Overall, how many hours sleep does your child usually get a night?
9. What time do they finally wake in the morning?
10. Do they need to be woken up?
11. What is their mood on waking?

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