Checklist

To a Better Night's Sleep

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Environment

- is it dark?
- is it consistent when they go to sleep and when they wake in the night?
- Is it calm and familiar?
- has something changed within the family?
- -Have you moved house recently?
- have you been sharing a room on holiday and just returned home?
- is it the right temperature, not too hot, not to cold.
- do they have sleep associations that aren't working anymore?

Sleep Disturbances

- Could it be illness?
- Could it be teething?
- Have their daytime naps changed?
- Are they waking early?
- Are you having quiet time on the run up to bedtime?
- Are they worried about something?
- Are they upset in the night, could they be nightmares or night terrors?

Family

- Has anyone been away from the family home for a period of time?
- Have a chat to make sure both parents are being consistent?
- Are you feeling tired or stressed so have less patience than normal?
- Have you got a new baby in the family?

Routines

- Has anything changed lately with your routines? New child care setting?
- Have they recently dropped a nap?
- Have you started weaning onto solids?
- Have things been unsettled lately which has made it hard to keep the routines timely?
- Are they having a late nap in the day?