Baseline Assessment of Sleep History and Patterns

1) Screening of sleep habits
2) Screening for sleep disorders
3) Parent completed sleep log for 10 days. Sleep logs can be provided by the BHMP.

Sleep Hygiene

Here are some important things you can do to ensure that your child gets enough sleep:

- Set a regular time for bed each night and stick to it.
- Establish a relaxing bedtime routine, such as giving your child a warm bath or reading him or her a story.
- Make after-dinner playtime a relaxing time. Too much activity close to bedtime can keep children awake.
- Avoid feeding children big meals close to bedtime.
- Avoid giving children anything with caffeine less than six hours before bedtime.
- Set the bedroom temperature so that it's comfortable – not too warm and not too cold.
- Make sure the bedroom is dark. If necessary, use a small nightlight.
- Keep the noise level low.

Additional resource: http://www.zerotothree.org/site/PageServer?pagename=key_sleep

1 Hints for Healthy Sleep from the National Institutes of Health