

Step 4: Labeling Specific Sleep Problems

Does your child have difficulty going into the bedroom at night when instructed to do so or brought in to go to sleep? Y / N
If yes, his behavior pattern is referred to as **Nighttime routine noncompliance**
Please provide some details: _____

If yes, what do you usually do to help your child to go to bed? _____

If yes, what usually works to get your child to go to bed? _____

Once in bed, does your child have difficulty staying in bed or remaining still in bed when instructed to do so? Does your child repeatedly call out or engage in other behavior that requires you to return to his/her bedroom? Y / N
If yes, his behavior pattern is referred to as **Interfering behavior** (circle type: leaving bed / call outs / playing in bed / other)
Please provide some details: _____

If yes, what do you do to help your child to stay in bed? _____

If yes, what usually works to get your child to stay in bed? _____

If yes, what usually works to get your child to stop the "call outs?" _____

Once in bed, does your child have difficulty falling asleep (i.e., it typically takes more than 15 min for her to fall asleep)? Y / N
If yes, his behavior pattern is referred to as **Delayed sleep onset**
Please provide some details: _____

If yes, what do you do to help your child fall asleep? _____

If yes, what usually works to get your child to fall asleep? _____

Once asleep, does your child wake in the middle of the night? Y / N If yes, how many times per night on average? _____
If yes, his behavior pattern is referred to as **Night awakenings**
Please provide some details: _____

If yes, what do you do to help your child fall back asleep? _____

If yes, what usually works to get your child to fall back asleep? _____

Does your child routinely wake too early in the morning? Y / N
If yes, his behavior pattern is referred to as **Early awakenings**
If yes, how many times per week on average? _____
If yes, what is the typical early time that your child awakes? _____
If yes, do you try to help your child go back to bed? Y / N If yes, what do you do to help him/her go back to bed? _____

If you do not try to help him/her back to sleep, in what activities does your child engage at those early hours? _____

Step 5: Sleep Schedule

Now

At what time does your child typically go to bed? _____
At what time does your child typically fall asleep? _____
At what time does your child wake in the morning? _____
How many hours does your child sleep at night? _____
How many hours does your child sleep during the day? _____
At what time does your child typically go down for a nap? _____
At what time does your child typically wake from a nap? _____

Start of Rx

I would like for my child to go to bed at: _____pm
I would like for my child to fall asleep by: _____pm
I would like for my child to wake at: _____am
How many hours should he sleep at night? _____
How many should he sleep during the day? _____
I would like for my child to nap at: _____
I would like for my child to wake from his nap at: _____

End of Rx

I would like for my child to go to bed at: _____pm
I would like for my child to fall asleep by: _____pm
I would like for my child to wake at: _____am
How many hours should he sleep at night? _____
How many should he sleep during the day? _____
I would like for my child to nap at: _____
I would like for my child to awake from his nap at: _____

Step 6: Pre-Sleep Routines

Now

Describe what takes place during the ½ hour prior to the child going to bed for sleep:

Do the pre-sleep activities typically vary each night or are they relatively routine? Describe:

Describe what takes place between the time when the child is in bed initially and when you leave the room:

With Rx

Describe what will take place during the ½ hour prior to the child going to bed for sleep:

Describe what may vary and what will be fairly routine:

Describe what you will do in the time between placing your child in bed and leaving the room:

Step 7: Nighttime Compliance with Routine-Related Instructions

With Rx

1. Be sure to capitalize on sleep pressure by sending the child to bed at the beginning of their sleep phase.
2. Teach child to respond *correctly* to his name throughout day by calling his name before good things will occur.
Correctly = When name is called, child stops, looks at adult, says "yes," and waits for adult to speak or approaches adult.

+ consequences for responding correctly to his name when name is called just prior to initiating nighttime routine:

3. Follow through on all instructions during the night and day. Consider: **Tell him, show him, help him** strategy

+ consequences for doing so with nighttime routine instructions:

Step 8: Sleep Dependencies

Now

Does your child go to bed with....

....a TV on? Y / N (Circle one)

If yes, is it *off prior to waking* or does it *stay on continuously*?

....a radio on? Y / N (Circle one)

If yes, is it *off prior to waking* or does it *stay on continuously*?

....a pacifier? Y / N

....the lights on? Y / N

....a bottle? Y / N

....a "full belly" Y / N (i.e., does he/she have a large snack within a ½ hour of going to bed)

.... a stuffed animal, blanket, or other preferred object? Y / N

If yes to any above, please provide some details here:

Is there anything else that your child's sleep seems to be dependent upon? Y / N If yes, please describe:

Do you lay in bed with your child to help her fall asleep? Y / N If yes, describe what you do to help him/her fall asleep:

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My child will only go to bed with:

I will fade my presence in my child's bed (or I will fade the presence of my child in my bed) by:

Step 9: Interfering Behavior

Now

List the interfering behaviors and their possible reinforcers:

Interfering behaviors

Possible reinforcers

<u>Interfering behaviors</u>	<u>Possible reinforcers</u>

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How will you provide the reinforcers before it is time for your child to fall asleep?

What physical barriers or limits can put in place to restrict access to the reinforcers after you bid the child goodnight?

Circle the strategies below that you will use to withhold and/or provide the reinforcers in alternative ways:

Extinction / Progressive Waiting / Time-Based Visiting / Quiet-Based Visiting / Quality Fading / Bedtime Pass / Parent Fading

Describe how you will carry out this strategy here:

Use the Table below to sketch out a plan for changing the schedule on which you will revisit your child:

1 st night				
2 nd night				
3 rd night				
4 th night				
5 th night				
6 th night				
7 th night				

Step 10: Nighttime and Early Awakenings, Confusional Arousals, and Nightmares

Now

Determine whether the child is experiencing *Night Awakenings*, and distinguish it from *Confusional Arousals* and *Nightmares*

Also determine whether the child is consistently waking early

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If Night Awakenings occur regularly without experiencing confusional arousals or nightmares, there is probably a problem with the child's sleep schedule or with an inappropriate sleep dependency, so eliminating excessive night awakening can be accomplished by adjusting the child's sleep schedule or sleep dependencies.

If Confusional Arousals occur,

- a. Help your child develop good sleep habits (see above)
- b. Let episode run its course (do not interfere or try to talk the child out of it), then, when over, assist back in bed
- c. Eliminate nighttime "jobs" that your child must do before going back to sleep; she should not have to call for something, look for something, or check her surroundings to get back to sleep
- d. If possible, remove materials that result in compulsive behavior from bedroom

If Nightmares occur:

- a. Help your child develop good sleep habits (see above)
- b. Avoid developmentally inappropriate TV, movies, magazines, and video games
- c. Soothe your child's fears by listening to them, but show them that you are in control and that they are safe
- d. Do not feel obligated to grant all requests (e.g., keep lights on, check for monsters, etc.) following repeated nightmares
- e. Help them with their anxieties during the day hours
- f. Address nighttime fears by teaching child relaxation techniques and reward "bravery" in the morning

If *Early Awakenings* occur regularly, there is probably a problem with the child's sleep schedule or with an inappropriate sleep dependency, so eliminating excessive early awakening can usually be accomplished by adjusting the child's sleep schedule or sleep dependencies.

Final Notes: