



You need our help to solve your child's sleep problem when you answer yes to at least 2 of these questions

Do you feel tired all the time?

Do you feel anxious at the thought of putting your child to bed?

Do you lose your temper with your children at bedtime and/or during the night?

Do you or your partner get miserable or depressed at times, or very irritable?

Do you and your partner find it difficult to agree or argue about how to handle your child's sleep?

Does the sleep problem stop you going out or leading a "normal life"?

Do you have concerns about your child's sleep pattern?

Does your child have difficulty getting to sleep until late?

Does your child wake up too early in the morning?

Does your child seem sleepy most of the day?

