

Mott Poll Questions



Bedtime Routines

The following questions were answered by parents with children age 1-6 years old.

Q1. On a typical night, how easy it is to get your [x]-year-old child to bed?

1. Very easy
2. Easy
3. Difficult
4. Very difficult

Q2. Where does your [x]-year-old child usually sleep?

1. In their own room
2. In room with other children
3. In room with parent
4. Some of the night in own room/some of the night with parent

Q3. Do you have a bedtime routine – things you do almost every night before your [x]-year-old child goes to bed?

1. Yes
2. No

[If Q3 = Yes]

Q4. What does the bedtime routine include? *Select all that apply.*

1. Bath/shower
2. Brush teeth
3. Books/stories
4. Prayers
5. Talk about the day
6. Snack
7. Turn off devices/don't bring into bedroom
8. Drink of water

Q5a. When it's time for your [x]-year-old child to go to sleep,

Do you usually:

1. Leave on a nightlight
2. Keep the door cracked to let in a little light
3. Keep the room dark

Q5b. When it's time for your [x]-year-old child to go to sleep,

Do you usually:

1. Play soft music or story
2. Turn on white noise machine or app
3. Put on a video or TV show
4. Keep the room quiet

Q6. Does a parent stay in the room until your [x]-year-old child falls asleep?

1. Often
2. Sometimes
3. Never

Q7. Do you give your [x]-year-old child melatonin to help with sleep?

1. Often
2. Sometimes
3. Never

Q8. What bedtime habits does your [x]-year-old child have? *Select all that apply.*

1. Sucks thumb/fingers
2. Sucks a pacifier
3. Holds a blanket or stuffed animal
4. None of the above

Q9. How often do the following delay your [x]-year-old child from getting to sleep?

	Often	Occasionally	Almost Never
a. Noise from other rooms			
b. Child being worried/anxious			
c. Child staying up to play or read			

Q10. How often does your [x]-year-old child:

	Often	Occasionally	Almost Never
a. Have nightmares/wake up crying or upset			
b. Move to parents' bed			
c. Insist that parent sleeps in child's room			

[If Q10a, b, or c = Often or Occasionally]

Q11. Have you talked with your child's healthcare provider about sleep problems?

1. Yes
2. No
3. Unsure

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