

29 POINT TROUBLE SHOOTING CHECK LIST



FOR WHEN YOUR BABY WON'T SLEEP.

Use this check list when you are too tired to think. It helps to rule out most of the common reasons why your 0-3 year old is not sleeping and gives you a way forward.

Baby/Room/Routine	Area of analysis	Yes/No
My Baby	Too cold?	
	Too hot?	
	Over tired?	
	Hungry?	
	Wet/Dirty Nappy?	
	Colic/Gas bubbles?	
	Cold virus?	
	Teething?	
	Recently vaccinated?	
	Fever?	
	Childhood illnesses?	
	Reacting to formula?	
	Reacting to food?	
	Medical condition?	
My Baby's Room	Too hot?	
	Too cold?	
	Too noisy?	
	Too light?	
	Too dark? (turn off all lights once asleep)	
	Too stimulating?	
	Electronic influence? Fuse box?	
Routine	Age appropriate?	
	Consistency/sticking to it?	
	Putting too much emphasis on day?	
	Putting too much emphasis on night?	
Home	Family stress?	
	Noisy siblings?	
	Environmental influences?	
Disclaimer	This check list is designed to help parents remember the most common reasons why their baby or child may not be sleeping and is not considered exhaustive. It is not intended to replace medical advice. If symptoms persist please visit your health care physician to seek professional advice.	