

## SLEEP ENVIRONMENT SNAPSHOT FOR CHILDREN

Country or Region: \_\_\_\_\_

Age: \_\_\_\_\_

Instructions: Write a number from 1 to 5 for each item.

1 = Not good for sleep

3 = Okay for sleep

5 = Great for sleep

**1. Is the room dark at bedtime?**

Score: \_\_\_\_\_

Consider: Streetlights, electronic lights, hallway lights, and early-morning light.

**2. Is the room quiet?**

Score: \_\_\_\_\_

Consider: Traffic, neighbors, television, pets, and household activity.

**3. Is the room comfortable, too hot, or too cold?**

Score: \_\_\_\_\_

Consider: Too warm, too cold, stuffy air, poor airflow.

**4. Are screens kept out of bed and off before sleep?**

Score: \_\_\_\_\_

Consider: Television, phone, tablet, and laptop use in bed.

**5. Is the bed comfortable?**

Score: \_\_\_\_\_

Consider: Mattress comfort, pillow support, and bedding quality.

**6. Does the child feel safe and calm at bedtime?**

Score: \_\_\_\_\_

Consider: Do you feel safe, calm, and secure in your sleep space?

**7. Is the morning environment set for a gentle, natural wake-up?**

Score: \_\_\_\_\_

Consider: Does the room environment help the child wake up comfortably, with natural light and a feeling of freshness to start the day?

**8. Is the sleep environment consistent every night?**

Score: \_\_\_\_\_

Consider: Is the child's sleep space kept similar each night to help the brain and body recognize it is time to sleep?

**Total Score**

Add all 8 scores.

Total: \_\_\_\_\_ out of 40

**Family Reflection:**

One thing that is already working well:

One change we will make this week:

## Scoring Interpretation Guide

24 to 30: Sleep environment is generally supportive. Maintain strengths and monitor small improvements.

18 to 23: Some environmental factors may be interfering with sleep. Identify one priority area for change.

12 to 17: Multiple environmental factors may be disrupting sleep. Consider gradual improvements over time.

Below 12: The sleep environment may significantly interfere with sleep quality. Focus on immediate environmental adjustments. Even small changes can produce measurable improvements.