



Hi! Thanks so much for choosing to work with us. This form will help us get to know you and your child. Please complete the form and return it to us via email (hello@sleepsisters.com). After we receive this information, we will look it over and start to formulate a plan with you that will work for your family and your parenting style. Please be as honest and open as possible! We're not here to judge...sleep training is hard work and we're here to help.

The more we know, the better we can help get your family back to sleep!

Sleep Well,
Debbie & Melissa, Sleep Sisters

Parents' names:

Child's name:

Child's birth date (mm/dd/yyyy):

Child's due date if he/she was early:

What are your goals for our work together?

Child's sleep time at night:

Is your child waking at night for feedings?
If so, at what times and for how long is he/she awake?

Is your child waking at night for any other reasons?

Child's wake time in the morning:

Is your child napping? If so, times of naps and wakings:

Where does your child sleep for naps and at night?
Briefly describe the sleep environment.

Is your child in child-care outside of your home?

Does your child mouth breathe? Snore?
Have any medical conditions?

Please share with us a brief history of your child's sleep routines and include any 'extras' you're using (like a pacifier, swing, stroller...etc.):

Is there anything else going on in your home (with the environment or family relationships) that you think might be affecting your child's sleep?

In brief, how would you describe your parenting styles: (i.e. attachment, go-with-the flow, scheduled...etc.)?

How did you find out about us?

Did someone refer you? Who?

Your phone number:
What is your physical/ mailing address?

For video chat, what is your Skype, Google Chat, Facetime, or other video chatting service username information? Please list your preferred service and your username so we can find you.

Additional notes:

Please attach a photo of your family or child if you would like!

All done? If you filled this out by hand, scan it into your computer, save it as a PDF and email it to hello@sleepsisters.com. If you filled it out digitally, make sure to save the file.

Then, email it to us!