

380 FAMILY SLEEP: SAFE AND SOUND

search out a group of parents and create a support group—either in person, by e-mail, or through a message board. The support of other parents who are going through the same things that you are right now can be very helpful and enlightening. (Check my website for a list of support groups or to list your new group.)

Comparison Chart

	First log	Current	Amount of change
Number of naps			
Length of naps			
Bedtime: Asleep time			
Morning: Awake time			
Number of awakenings			
Longest sleep span			
Total hours of sleep			

Questions to Help You Analyze Your Child's Sleep Situation

Since you've started, how closely have you followed your plan?

- I followed all parts of my plan exactly.
- I followed some parts of my plan but not everything.
- I started out great but reverted back to my old habits.
- Plan? What plan? (Oops, better start over and make a plan!)

Have you seen positive changes in at least one area (for example: a thirty-minute increase in naptime or sleep span, an earlier bedtime, a reduction in the number of night wakings)? _____

What area(s) shows the most change? _____

Why do you think that's true? (What have you done to influence this? What solutions have brought about the change?) _____

What area(s) shows the least change? _____

Why do you think that's true? (Have you done anything to influence this? What solutions have you applied to this situation?) _____

What have you learned about your child's sleep habits? _____

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What parts of your plan seem to be having the best influence on your child's sleep? _____

Are there areas that you've not addressed with specific solutions? What sections from the book do you think you should incorporate into your plan? _____

How are you going to make these changes? What solutions are you going to add to your plan? How can you approach this to consistently adhere to your plan? _____

Could It Be a Sleep Disorder?

Do you feel that your sleep plan has been clear, specific, and accurately targeted? Do you feel that you've been committed and consistent in following the plan you've created? Despite all this, does your child continue to have sleep-related problems? If this is the case, it is possible that there is an underlying sleep disorder or medical reason that your child isn't sleeping well. About 10 percent of children have a true sleep disorder, and their sleep problems cannot be solved without it being identified and treated.

A sleep disorder is a physiological condition that disturbs sleep, and some studies show that almost 90 percent of sleep disorders go undiagnosed and untreated. When a sleep disorder is correctly identified and treated, however, then a child—and the parents—can all get a good night's sleep.