

RED FLAG SLEEP CHECKLIST

Could something underlying be affecting your child's sleep?

If you've been trying consistent routines but sleep is still broken, one or more of these red flags might be part of the bigger picture.

Tick any that sound familiar:

Feeding & Nutrition

- ☐ Feeds are frequent but short, shallow, or take a long time to complete
- ☐ Baby struggles to latch, falls asleep mid-feed, or shows frustration at the breast or bottle
- ☐ Reflux symptoms — frequent spit-up, arching, crying after feeds, or discomfort lying flat
- ☐ Excessive gassiness, bloating, foul-smelling gas, or signs of gut discomfort
- ☐ Stools are irregular (very loose, hard, mucousy, or contain blood)
- ☐ Slow or inconsistent weight gain, or dropping growth centiles
- ☐ Persistent eczema, rashes, or skin irritation that may indicate allergies or food sensitivities
- ☐ Limited diet, strong texture aversions, or picky eating from the start of solids
- ☐ Possible signs of low iron — pale skin, frequent illness, low energy

Breathing & Airway Health

- ☐ Sleeps with mouth open or breathes noisily through the mouth
- ☐ Snoring, wheezing, or audible breathing during sleep (even when not sick)
- ☐ Pauses in breathing or gasping sounds during sleep
- ☐ Sweats excessively during naps or overnight (especially around head/neck)
- ☐ Chronic congestion, frequent ear infections, or ongoing respiratory illnesses
- ☐ Needs to sleep elevated to breathe comfortably
- ☐ Dark under-eye circles or “tired” appearance despite adequate sleep

RED FLAG SLEEP CHECKLIST

Oral Function & Structure

- ☐ Clicking sounds, leaking milk, or trouble maintaining latch during feeds
- ☐ Tongue does not lift to the roof of the mouth or appears restricted (possible tongue tie)
- ☐ Prefers purées beyond expected age, gags often, or eats very messily
- ☐ Speech delays, drooling beyond 18 months, or difficulty pronouncing certain sounds
- ☐ Frequent choking, coughing, or dribbling during feeds or meals

Regulation & Nervous System

- ☐ Difficulty winding down despite a consistent bedtime routine
- ☐ Constant movement, restlessness, or struggles to “switch off” before sleep
- ☐ Frequent meltdowns, emotional outbursts, or bedtime resistance
- ☐ Overreacts to stimulation (light, noise, textures) or seeks intense sensory input
- ☐ Struggles with transitions, changes to routine, or new environments
- ☐ Wakes suddenly crying or screaming and is hard to resettle

Environment, Sleep Habits & Behaviour

- ☐ Reliant on motion, feeding, or contact for all sleep beyond 6 months
- ☐ Naps are consistently short (<45 mins) and sleep cycles can't be linked
- ☐ Persistent night waking beyond what's developmentally expected
- ☐ Early rising before 5:30am despite consistent bedtime
- ☐ Frequent split nights (awake 1–2 hrs) or multiple wakes without hunger
- ☐ Only sleeps upright, on a parent, or when contact napping

What To Do Next

If you ticked 2 or more boxes in any section, it's likely that something underlying is affecting your child's sleep, and no amount of “routine tweaking” will fully solve it. Let's uncover the why behind sleep struggles.

This is exactly what we explore in a Free Sleep Assessment Call. Together, we'll take a deeper look at what's going on beneath the surface and discuss whether 1:1 support could help your little one sleep more peacefully and help your whole family rest better.

Head to www.littlelovessleepconsultant.com to book your Free Sleep Assessment Call today.