

Reference; Evidence Level	Study Design (control)	N (completed); M, F (completed); Age (range)	Treatment Strategy; Treatment Conditions (% completed); Description of Treatment Conditions	Problem Definition	Target Behavior	Outcome Measures – Child Sleep and Other	Major Findings	Limitations
Adams & Rickert ¹⁰ ; I	Randomized control trial	36; 16M, 20F; 18-48 months	Graduated extinction Positive routines Control group	5 bedtime tantrums per week. No additional information.	Bedtime problems	Child sleep variables: time to bed, tantrum behaviors, time asleep; parent daytime mood and behavior: dyadic adjustment scale	Treatments effective < # of tantrums and tantrum duration at weeks 2, 3, 4, 5, 6 and follow-up (3 and 6 weeks) compared to controls. No differences between Positive Routines and Graduated Extinction. Positive routines produced more change in marital satisfaction on the DAS.	No objective measurement.
Hiscock & Wake ¹¹ ; I	Randomized control condition placebo	146 (completed); 89M, 79 F (enrolled); 6-12 months	Graduated extinction (with parental presence) Control group	2 weeks of a sleep problem, including at least one of the following: 1. Waking > five nights a week, 2. Waking > 3 times a night, 3. > 30 minutes to fall asleep, 4. requiring parental presence to fall asleep.	General sleep problem	Child sleep variables: sleep problem (yes/no), sleep diary; parent sleep variables: maternal sleep quality/quantity; maternal depression	Behavioral intervention significantly reduced sleep problems and maternal depression at 2 months, but not at 4 month follow-up.	No inter-reliability check for diagnosis. No treatment fidelity check. No objective measurement.
Kerr, Jowett, & Smith ⁴¹ ; I	Randomized control trial	169; NS; 3 months	Parent education/prevention (3 months of age) Control group	Prevention of bedtime problems and night wakings	Bedtime problems, night wakings	Child sleep variables: structured interview	Preventive education resulted in fewer settling difficulties, fewer night wakings per week, and fewer night wakings per night.	No inter-reliability check for diagnosis. No treatment fidelity check. No objective measurement.
Pinilla & Birch ⁴⁶ ; II	Randomized control trial	26; 12M, 14F; NS	Parent education/prevention (prenatal) Control group	Not specified	Night wakings	Child sleep variables: sleep diaries (total sleep time, longest sleep episode, average length of sleep per episode, feedings); child daytime mood and behavior: Bates' Infant Characteristics Questionnaire	Prenatal parent education led to decreased night wakings. At 8 weeks of age, 100% in treatment group sleeping from midnight to 5 AM compared to 23% of control infants.	No treatment fidelity check. No objective measurement.
Reid, Walter & O'Leary ⁴² ; I	Randomized control trial	43; 23M, 20F; 16-48 months	Extinction Graduated extinction Wait-list control	Bedtime problems (> 30 min to settle or not settle alone) and/or 4 difficult nighttimes (night wakings or sleep in parent bed) at least 4 days per week	Bedtime problems, night wakings	Child sleep variables: subjective parents assessment, settle < 10 minutes, # night waking; child behavior: CBCL, BDI; parent mood and behavior: PSI, DAS; Parenting Scale; parent expectations, parent satisfaction	Treatment more effective for bedtime problems and night wakings than control and maintained 2 months; no difference between standard ignoring and graduated ignoring, although increased compliance and less stress with graduated ignoring for nighttimes	No inter-reliability check for diagnosis. No objective measurement. Small sample.

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Rickert & Johnson ⁴⁵ ; I	Randomized control trial	33 (27 families, 11 sibling pairs); 18M, 15F; 6-54 months	Extinction Scheduled awakenings Control group	Wakes at least 1x/night for 4 weeks	Night wakings	Child sleep variables: daily schedule, night wakings; Reliability check	Systematic ignoring and scheduled awakenings decreased night wakings and crying episodes more than controls. SI group showed fastest improvement. Reliabilities between parents 82-100%	No inter-reliability check for diagnosis. No treatment fidelity check. No objective measurement. Multiple children per family.
Scott & Richards ⁴⁴ ; I	Randomized control trial	120; 76M, 44F; 1 month -18 months	Parent education /prevention	Night waking problem	Night wakings	Child sleep variables: number of nights with night wakings, number of night wakings per night, duration of night wakings; parent daytime mood and behavior; maternal well-being	No support for efficacy of intervention. All three groups somewhat improved.	No objective measurement.
80 Seymour, et al. ⁴⁷ ; II	Randomized control trial	45; 28M, 17F; 9 months – 5 years	Parent education /prevention (extinction) Wait list control	Not specified	Bedtime problems, night wakings	Child sleep variables: minutes awake each night, number of night wakings, settling time	Both interventions led to significant improvement 4 weeks post-treatment (significant reduction in wakefulness during the night, night-wakings and settling time. Faster results with therapist contact. After 4 weeks post-treatment no significant differences between interventions. Positive outcomes were maintained at 3-months.	No treatment fidelity check. No objective measurement.
St. James-Roberts, et al. ⁴⁵ ; I	Randomized control trial	478; NS; NS	Parent education /prevention (behavioral intervention) General education	Prevention	Bedtime problems, night wakings	Child sleep variables: TST, sleep bout length, minutes of crying, cry bout length, % of infants with nighttime sleep period > 5hr	Education intervention led to limited changes parents' behavior (was not implemented); only finding was a 10% increase sleep consolidation for behavioral group at 12 weeks.	No objective measurement.
Weir & Dinnick ⁴⁸ ; II	NS	43; NS; 4 months- 4.5 years	Extinction (individualized) Control group	Settling and night waking problems	Bedtime problems, night wakings	Child sleep variables: clinical ratings of severity, # of children with settling problems and waking problems	Marked improvement in intervention and control groups. No differences between groups.	No treatment fidelity check. No objective measurement. Differential attrition across groups.

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Wolfson, et al. ¹³ ; I	Randomized control trial	60; 29M, 31F; 6-9 weeks	Parent education/prevention (pre and postnatal) Control group	Prevention	Bedtime problems, night wakings	Child sleep variables: TST, number of sleep episodes, longest sleep episode, number of waking episodes, number of feedings; parent daytime mood and behavior: hassles and uplifts scale, parental efficacy	Intervention led to improved infant sleep, parental sleep, parental competency. Control reported increased stress over time.	No objective measurement