

**The following is a sample of the  
PROFESSIONAL SLEEP TRAINING CONTRACT**

This is a 4 page contract with an optional 9 page questionnaire

This contract is used for a sleep training job. It is very detailed with a questionnaire (extra) to be filled out by parents so there is no misunderstanding what is to be done and what is expected of you.

**PURPOSE OF THE AGREEMENT**

The Client is contracting with the Infant Sleep Consultant for her to sleep training, under the terms and conditions of this Agreement, solely to an infant(s) or toddler and for no other purpose.

**BASIC JOB DESCRIPTION**

The Infant Sleep Consultant is here to teach the Client's child to sleep for  naps  bedtime. The Client understand that sleep training is an issue that will have to be addressed by both the Infant Sleep Consultant and the Client. Without the Client's cooperation, it will not be possible for the Infant Sleep Consultant, to sleep train the baby. Therefore when the Infant Sleep Consultant gives the Client "guidelines" to follow, (see questionnaire) he Client will follow those guidelines with the understanding that by the end of the contracted time the child should be sleeping 8-12 hours each night without waking. If the Client wishes to have the child sleep trained and does not follow the guidelines set up by the Infant Sleep Consultant the Client will not hold the Infant Sleep Consultant liable for the baby's inability to sleep more than 3 hours at a time. \_\_\_\_ (initial)

**RETAINER**

**DETAILED JOB DESCRIPTION** - This option will go into all the details

**HOURS AND COMPENSATION** – What is expected hourly or daily

**GENERAL ISSUES**

**COMMUNICATION** – You will need to be able to intelligently discuss with the client the sleep issues.

**CONFIDENTIALITY** – Keeps "what happens in the house" in the house.

## **SLEEP TRAINING CLIENT QUESTIONNAIRE**

This is a 9 page questionnaire for the client.

Their answers will be the guidelines that the Infant Sleep Consultant will use to teach your child to sleep. **This goes along with (but is not included with) the sleep training contract** and will be invaluable for your experience.

### **CLIENT QUESTIONNAIRE**

Please answer all the questions to the best of your ability. Your answers will be the guidelines that the Infant Sleep Consultant will use to teach your child to sleep. This is a comprehensive questionnaire that only Gentle Venture's offers. This comes with the sleep training contract and will be invaluable for your experience. This questionnaire will not be sold as a separate unit.

**Please answer all the questions to the best of your ability. Your answers will be the guidelines that the Infant Sleep Consultant will use to teach your child to sleep**

**I understand that in order for good sleep to occur many other issues come into play. We will work on scheduling, feeding, environmental conditions, household environment, and parental involvement. I will be open and honest with these issues to give my child the best chance at good sleep.**

I agree       I do not agree

**All information on this form will remain confidential. Should the need arise for an additional consult, your sleep trainer permission will be obtained before releasing any information.**

### **BASIC INFORMATION:**

**Client's Name:**

**Best Contact Person:**

**Person filling out this form:**

**Email Address:**

**Phone Number:**

**Address:**

**City:**

**State:**

**Date:**

**Child's Name:**

**Child's Birthdate:**

**Child's Birth Weight:**

**Child's Weight Now:**

**I am looking for:**     Nap help     Nighttime help     Both

**What is your main concern with sleeping right now? Or why are you looking for help?**

**a. Was your child premature?**

- Yes, is now at the developmental milestones**
- Yes and is behind on developmental milestones**
- No**
- Other Explain:**