

Implementation of Patient Reported Outcome Measures (PROMs) in Management of Infant and Childhood Sleep

NUHS' Sleep Easy Programme (SLeEP) uses PROMs as an integral part of managing infant and childhood sleep. Parents complete a simple and brief questionnaire about their child's sleep at specific milestones from two months old to three years old, providing the care team with direct insight into sleep quality and screening for potential sleep problems.

By capturing outcomes that matter most to families, such as a child's ability to sleep through the night, the programme provides a more complete picture of development beyond clinical milestones. When PROMs trigger embedded thresholds, the sleep team is automatically alerted and an earlier appointment (via a teleconsult) is arranged to address issues before they escalate.

This timely follow-up is crucial because poor sleep can affect a child's mood, behaviour, learning, and growth, while also placing heavy stress on parents. Tracking the child's progress as well as parents' concerns and confidence help ensure both child and parent wellbeing are supported as a family unit. Sleep problems are also resolved more quickly.

By building routine PROMs into early childhood follow-up, the programme moves from waiting for problems to emerge to proactively catching them early when interventions are most effective. Families get reassurance that their concerns are heard, clinicians receive structured insights, and children benefit from timely and appropriate interventions that support healthy growth and development.