

Pediatric Sleep Questionnaire

(Screening)

Name of the child: _____ Date of birth: _____

Person completing this form: _____

Date that you are completing the questionnaire: _____

Instructions: Please answer the questions about how your child **IN THE PAST MONTH**. Circle the correct response or *print* your answers in the space provided. "Y" means "yes," "N" means "no," and "DK" means "don't know." For this questionnaire, the word "usually" means "more than half the time" or "on more than half the nights."

Please answer the following questions as they pertain to your child in the past month.

	YES	NO	Don't Know
1. While sleeping, does your child:			
Snore more than half the time?	Y	N	DK
Always snore?	Y	N	DK
Snore loudly?	Y	N	DK
Have "heavy" or loud breathing?	Y	N	DK
Have trouble breathing, or struggle to breath?	Y	N	DK
2. Have you ever seen your child stop breathing during the night?	Y	N	DK
3. Does your child:			
Tend to breathe through the mouth during the day?	Y	N	DK
Have a dry mouth on waking up in the morning?	Y	N	DK
Occasionally wet the bed?	Y	N	DK
4. Does your child:			
Wake up feeling unrefreshed in the morning?	Y	N	DK
Have a problem with sleepiness during the day?	Y	N	DK
5. Has a teacher or other supervisor commented that your child appears sleepy during the day?	Y	N	DK
6. Is it hard to wake your child up in the morning?	Y	N	DK
7. Does your child wake up with headaches in the morning?	Y	N	DK
8. Did your child stop growing at a normal rate at any time since birth?	Y	N	DK
9. Is your child overweight?	Y	N	DK
10. This child often:			
Does not seem to listen when spoken to directly.....	Y	N	DK
Has difficulty organizing tasks and activities.....	Y	N	DK
Is easily distracted by extraneous stimuli	Y	N	DK
Fidgets with hands or feet, or squirms in seat	Y	N	DK
Is "on the go" or often acts as if "driven by a motor"	Y	N	DK
Interrupts or intrudes on others (eg butts into conversations or games)	Y	N	DK

Scoring

SRBD and PLMS Scale scores: Proportion that ranges from 0.0 to 1.0; cut off score: > 0.33.

Scoring the SRBD Scale The 22 items of the SRBD Scale are each answered yes = 1, no = 0, or don't know = missing.

The number of symptom-items endorsed positively ("yes") is divided by the number of items answered positively or negatively; the denominator therefore excludes items with missing responses and items answered as 'don't know'. The result is a number, a proportion that ranges from 0.0 to 1.0.

Note: For the six behavior items that have 4-level Likert scale response formats, "Does not apply" and "Applies just a little" are scored as no (0), whereas "Applies quite a bit" and "Definitely applies most of the time" are scored as yes (1).

Scoring of PSQ-SRBD Subscales for Snoring, Sleepiness, and Behavior Subscale scores are calculated as the proportion of question-items answered affirmatively. Scoring of the PSQ-PLMS Scale Responses to the question-items (after weighting as above) are added and divided by the total number of items answered Yes or No (with double-weighting of the restlessness and growing pains items, as above in row labelled "Weighting of Items") to derive a weighted proportion of items answered affirmatively. This proportion then ranges from 0.0 to 1.0.