

Does My Child Have a Sleep Problem?

Early identification of sleep problems may prevent negative health consequences. Sleep disorders can affect every aspect of a child’s development including; physical, emotional, cognitive and social and behavioral problems. Sleep problems result in learning difficulties, daytime sleepiness motor vehicle crashes for teenage drivers.

Your child’s physician can screen for possible sleep disorders and help to develop a personalized program to promote healthy sleep habits.

BEARS Questionnaire	TODDLER/PRESCHOOL (2-5 YEARS)	SCHOOL AGED (6-12 YEARS)	ADOLESCENT (13-18 YEARS)
1. Bedtime Problems	(P) Does your child have any problems going to bed? Falling Asleep?	(P) Does your child have any problems at bedtime? (C) Do you have any problems going to bed?	(C) Do you have any problems falling asleep at bedtime?
2. Excessive Sleepiness	(P) Does your child seem overtired or sleep often during the day? Do they still take naps?	(P) Does your child have difficulty waking up in the morning, seem sleepy during the day or take naps? (C) Do you often feel tired?	(C) Do you feel sleepy often during the day? In school? While Driving?
3. Awakening at Night	(P) Does your child wake up a lot at night?	(P) Does your child seem to wake up a lot at night? (P) Any sleep walking or nightmares? (C) Do you wake up a lot at night? (C) Have trouble getting back to sleep?	(C.) Do you wake up a lot at night? (C) Have trouble getting back to sleep?
4. Regularity and Duration of Sleep Problems	(P) Does your child have a regular bedtime and wake time? What are they?	(P) What time does your child go to bed and get up on school days? Weekends? (P) Do you think they are getting enough sleep?	(C) What time do you usually do you usually go to bed on school nights? Weekends? (C) How much sleep do you usually get?
5. Snoring	(P) Does your child snore a lot or have difficulty breathing at night?	(P) Does your child have loud or nightly snoring or breathing difficulties at night?	(P) Does your teenager snore loudly or nightly?

(P) Parent-directed question

(C) Child-directed question