### Instructions
This questionnaire will allow your doctor to have a better understanding of the sleep-wake rhythm of your child and of any problems in his/her sleep behavior. Try to answer every question; in answering, consider each question as pertaining to the past 6 months of the child’s life. Select a single response per question.

### Sleep/Wake Behaviour Assessment

**How many hours of sleep does your child get on most nights?**

<table>
<thead>
<tr>
<th></th>
<th>&lt;5 hours</th>
<th>5-7 hours</th>
<th>7-8 hours</th>
<th>8-9 hours</th>
<th>9-11 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>less than 15'</td>
<td>15-30'</td>
<td>30-45'</td>
<td>45-60'</td>
<td>more than 60'</td>
</tr>
</tbody>
</table>

**How long after going to bed does your child usually fall asleep?**

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Occasionally</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(1-2 times per month or less)</td>
<td>(1-2 times per week)</td>
<td>(3-5 times per week)</td>
<td>Daily</td>
<td></td>
</tr>
</tbody>
</table>

Please select the frequency the each of the following events occurs:

The child goes to bed reluctantly
The child has difficulty getting to sleep at night
The child feels anxious or afraid when falling asleep
The child startles or jerks parts of the body while falling asleep
The child shows repetitive actions such as rocking or head banging while falling asleep
The child experiences vivid dream-like scenes while falling asleep
The child sweats excessively while falling asleep
The child wakes up more than twice per night
After waking up in the night, the child has difficulty to fall asleep again
The child has frequent twitching or jerking of legs while asleep or often changes position during the night or kicks the covers off the bed.
The child gasps for breath or is unable to breathe during sleep
The child snores
The child sweats excessively during the night
You have observed the child sleepwalking
You have observed the child talking in his/her sleep
The child grinds teeth during sleep
The child wakens from sleep screaming or confused so that you cannot seem to get through to him/her, but has no memory of these events the next morning
The child has nightmares which he/she doesn’t remember the next day
The child is unusually difficult to wake up in the morning
The child awakens in the morning feeling tired
The child feels unable to move when waking up in the morning
The child experiences daytime somnolence
The child falls asleep suddenly in inappropriate situations

**Please note that the below fields will automatically be calculated; compare values with 'Appendix B: Scoring sheet'**

**DIMS:** Disorders of initiating and maintaining sleep
**SBD:** Sleep Breathing Disorders
**DA:** Disorders of arousal
**SWTD:** Sleep-Wake Transition Disorders
**DOES:** Disorders of excessive somnolence
**SHY:** Sleep Hyperhydrosis

**Total score (sum 6 factors’ scores)**

---