



THE BEARS SLEEP SCREENING ASSESSMENT



Trigger Questions

Toddler/Preschool
(2 - 5 years)

School-aged
(6 - 12 years)

Adolescent
(13 - 18 years)

Bedtime problems

Does your child have any problems going to bed and/or falling asleep?

Does your child have any problems at bedtime?

Do you have any problems falling asleep at bedtime?

Excessive daytime sleepiness

Does your child take naps or seem over-tired or sleepy a lot during the day?

Does your child have difficulty waking in the morning, feel sleepy during the day, or take naps?

Do you feel sleepy a lot during the day? In school? While driving?

Awakenings

Does your child wake up a lot at night?

Does your child wake up a lot at night and/or have trouble getting back to sleep? Any sleepwalking or nightmares?

Do you wake up a lot at night/or have trouble getting back to sleep?

Regularity and duration of sleep

Does your child have a regular bedtime and wake time? What are they?

What time does your child go to bed and get up on schooldays? Weekends? Do you think this is enough sleep?

What time do you usually go to bed on school nights? Weekends? How much sleep do you usually get?

Snoring

Does your child snore a lot or have difficulty breathing at night?

Does your child have loud or nightly snoring or any breathing difficulties at night?

Does your teenager snore loudly or nightly?
(Question for Parent)

