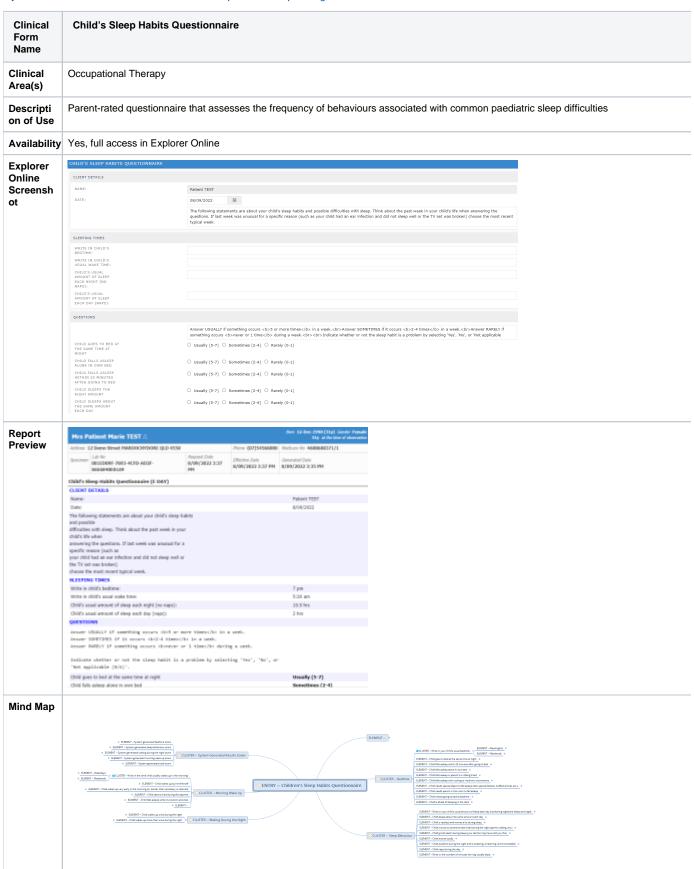
Child's Sleep Habits Questionnaire (full version)

If you're interested in this clinical form for use in Explorer Online please get in touch.



Excel File /Structure

CEN.Childrens_Sleep_Habits_Questionnaire.v1.xlsx

Editor Screensh ot

```
⊕ ⊕ ENTRY -- Children's Sleep Habits Questionnaire
⊕ □ ELEMENT --
⊕ □ CLUSTER -- Bedtime
       ⊕ ⊙ CLUSTER -- Write in your child's usual bedtime:
⊕ □ ELEMENT -- Child goes to bed at the same time at night
        ⊕ □ ELEMENT -- Child falls asleep within 20 minutes after going to bed
       ELEMENT -- Child falls asleep with rocking or rhythmic movements
       ± □ ELEMENT -- Child needs special object to fall asleep (doll, special blanket, stuffed animal, etc.).
       ELEMENT -- Child needs parent in the room to fall asleep

    ■ ■ ■ ELEMENT -- Child resists going to bed at bedtime
    ■ ■ ■ ELEMENT -- Child is afraid of sleeping in the dark

    CLUSTER -- Sleep Behaviour
       🗎 🔘 ELEMENT -- Write in your child's usual amount of sleep each day (combining nighttime sleep and naps):

    ELEMENT - Child sleeps about the same amount each day
    ELEMENT - Child is restless and moves a lot during sleep

       ELEMENT -- Child moves to someone else's bed during the night (parent, sibling, etc.)

-- ELEMENT -- Child grinds teeth during sleep (your dentist may have told you this)
       ELEMENT -- Child snores loudly
       🗎 🗆 ELEMENT -- Child awakens during the night and is sweating, screaming, and inconsolable
       ELEMENT -- Child naps during the day
    ELEMENT -- Child wakes up once during the night
    ⊕ □ ELEMENT -- Child wakes up more than once during the night
□ □ CLUSTER -- Morning Wake Up
       • CLUSTER -- Write in the time child usually wakes up in the morning:

    ELEMENT - Child wakes up by him/herself
    ELEMENT - Child wakes up very early in the morning (or, earlier than necessary or desired)
       ■ ■ ELEMENT -- Child seems tired during the daytime
       ⊕ □ ELEMENT -- Child falls asleep while involved in activities
       ⊕ □ ELEMENT --
    ⊕ □ ELEMENT -- System generated bedtime score
               ELEMENT -- System generated sleep behaviour score

    ■ □ ELEMENT -- System generated waking during the night score

               ELEMENT -- System generated morning wake up score

    ■ □ ELEMENT -- System generated total score
```