# Appendix B(1): Sleep Disturbance Scale for Children (SDSC)

***INSTRUCTIONS****: This questionnaire will allow to 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. Please answer the questions by circling or striking the number 1 to 5.* Thank you very much for your help.

Name:_____ Age:_____ Date:_____

| | | | | | |
|---|---|---|---|---|---|
| 1. How many hours of sleep does your child get on most nights. | 1<br>*9-11 hours* | 2<br>*8-9 hours* | 3<br>*7-8 hours* | 4<br>*5-7 hours* | 5<br>*less than 5 hours* |
| 2. How long after going to bed does your child usually fall asleep | 1<br>*less than 15′* | 2<br>*15-30′* | 3<br>*30-45′* | 4<br>*45-60′* | 5<br>*more than 60′* |

5 **Always (daily)**

4 **Often (3 or 5 times per week)**

3 **Sometimes (once or twice per week)**

2 **Occasionally (once or twice per month or less)**

1 **Never**

| | | | | | |
|---|---|---|---|---|---|
| 3. The child goes to bed reluctantly | 1 | 2 | 3 | 4 | 5 |
| 4. The child has difficulty getting to sleep at night | 1 | 2 | 3 | 4 | 5 |
| 5. The child feels anxious or afraid when falling asleep | 1 | 2 | 3 | 4 | 5 |
| 6. The child startles or jerks parts of the body while falling asleep | 1 | 2 | 3 | 4 | 5 |
| 7. The child shows repetitive actions such as rocking or head banging while falling asleep | 1 | 2 | 3 | 4 | 5 |
| 8. The child experiences vivid dream-like scenes while falling asleep | 1 | 2 | 3 | 4 | 5 |
| 9. The child sweats excessively while falling asleep | 1 | 2 | 3 | 4 | 5 |
| 10. The child wakes up more than twice per night | 1 | 2 | 3 | 4 | 5 |
| 11. After waking up in the night, the child has difficulty to fall asleep again | 1 | 2 | 3 | 4 | 5 |
| 12. 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. | 1 | 2 | 3 | 4 | 5 |
| 13. The child has difficulty in breathing during the night | 1 | 2 | 3 | 4 | 5 |
| 14. The child gasps for breath or is unable to breathe during sleep | 1 | 2 | 3 | 4 | 5 |
| 15. The child snores | 1 | 2 | 3 | 4 | 5 |
| 16. The child sweats excessively during the night | 1 | 2 | 3 | 4 | 5 |
| 17. You have observed the child sleepwalking | 1 | 2 | 3 | 4 | 5 |
| 18. You have observed the child talking in his/her sleep | 1 | 2 | 3 | 4 | 5 |
| 19. The child grinds teeth during sleep | 1 | 2 | 3 | 4 | 5 |
| 20. The child wakes 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 | 1 | 2 | 3 | 4 | 5 |
| 21. The child has nightmares which he/she doesn't remember the next day | 1 | 2 | 3 | 4 | 5 |
| 22. The child is unusually difficult to wake up in the morning | 1 | 2 | 3 | 4 | 5 |
| 23. The child awakes in the morning feeling tired | 1 | 2 | 3 | 4 | 5 |
| 24. The child feels unable to move when waking up in the morning | 1 | 2 | 3 | 4 | 5 |
| 25. The child experiences daytime somnolence | 1 | 2 | 3 | 4 | 5 |
| 26. The child falls asleep suddenly in inappropriate situations | 1 | 2 | 3 | 4 | 5 |

| | |
|---|---|
| Disorders of initiating and maintaining sleep (sum the score of the items 1,2,3,4,5,10,11) | |
| Sleep Breathing Disorders (sum the score of the items 13,14,15) | |
| Disorders of arousal (sum the score of the items 17,20,21) | |
| Sleep-Wake Transition Disorders (sum the score of the items 6,7,8,12,18,19) | |
| Disorders of excessive somnolence (sum the score of the items 22,23,24,25,26) | |
| Sleep Hyperhydrosis (sum the score of the items 9,16) | |
| Total score (sum 6 factors' scores) | |

*After summing the scores for the different scales report the values in the scoring sheet in order to obtain a sleep profile*

## Appendix B(2). SDSC Scoring Sheet

Name:_____ Age:_____

| T score | DIMS | SBD | DA | SWTD | DOES | SHY | TOTAL | T score |
|---|---|---|---|---|---|---|---|---|
| 100+ | 26+ | 11+ | 8+ | 21+ | 20+ | | 73+ | 100+ |
| 99 | 25 | | | 20 | | | 72 | 99 |
| 98 | | | | | | | 71 | 98 |
| 97 | | | | | | | 70 | 97 |
| 95 | 24 | | | 19 | 19 | | 69 | 95 |
| 94 | | | 7 | | | | 68 | 94 |
| 93 | 23 | 10 | | 18 | 18 | 10 | 67 | 93 |
| 90 | | | | | | | 66 | 90 |
| 89 | 22 | | | | | | 65 | 89 |
| 88 | | | | | 17 | | 64 | 88 |
| 86 | 21 | 9 | | 17 | | 9 | 63 | 86 |
| 85 | | | | | 16 | | 62 | 85 |
| 84 | | | | 16 | | | 61 | 84 |
| 82 | 20 | | 6 | | | | 60 | 82 |
| 81 | | | | | 15 | | 59 | 81 |
| 80 | | | | | | 8 | 58 | 80 |
| 79 | 19 | 8 | | 15 | | | 57 | 79 |
| 77 | | | | | 14 | | 56 | 77 |
| 76 | 18 | | | | | | 55 | 76 |
| 75 | | | | 14 | | 7 | 54 | 75 |
| 73 | 17 | | | | 13 | | 53 | 73 |
| 72 | | 7 | | | | | 52 | 72 |
| 70 | 16 | | 5 | 13 | | | 51 | 70 |
| 69 | | | | | 12 | 6 | 50 | 69 |
| 68 | | | | | | | 49 | 68 |
| 67 | | | | | | | 48 | 67 |
| 66 | 15 | | | 12 | | | 47 | 66 |
| 64 | 14 | 6 | | | 11 | 5 | 46 | 64 |
| 63 | | | | | | | 45 | 63 |
| 62 | | | | 11 | 10 | | 44 | 62 |
| 60 | 13 | | | | | | 43 | 60 |
| 59 | | | | | | | 42 | 59 |
| 58 | 12 | 5 | 4 | 10 | 9 | 4 | 41 | 58 |
| 56 | | | | | | | 40 | 56 |
| 55 | | | | | | | 39 | 55 |
| 54 | 11 | | | 9 | | | 38 | 54 |
| 53 | | | | | 8 | | 37 | 53 |
| 51 | | 4 | | | | 3 | 36 | 51 |
| 50 | 10 | | | 8 | 7 | | 35 | 50 |
| 49 | | | | | | | 34 | 49 |
| 47 | 9 | | 3 | | | | 33 | 47 |
| 46 | | | | | 6 | | 32 | 46 |
| 45 | 8 | 3 | | 7 | | 2 | 31 | 45 |
| 43 | | | | | | | 30 | 43 |
| 42 | | | | | 5 | | 29 | 42 |
| 41 | 7 | | | 6 | | | 28 | 41 |
| 40 | | | | | | | 27 | 40 |
| 38 | | 2 | | | 4 | 1 | 26 | 38 |