

BEARS QUESTIONNAIRE

BEARS is a user-friendly screening tool to help identify sleep problems in children. Ask yourself these questions.

B – Bedtime

- Does my child have trouble going to bed? Or trouble falling asleep?

E – Excessive Daytime Sleepiness

- Is my child difficult to awaken in the morning?
- Does my child seem sleepy or groggy during the day?
- Does my child often seem tired during the day? *(In children, tired may mean moody, hyperactive, "out-of-it", as well as sleepy.)*

A – Awakening During the Night

- Does my child awaken during the night and have trouble going back to sleep?
- Is anything else interrupting my child's sleep?

R – Regularity and Duration of Sleep

- How many hours of sleep does my child need at this age?
- What time does my child go to bed and get up on weekdays? On weekends?
- Does this allow my child to get enough sleep every day?

S – Snoring

- Does my child snore? Loudly? Every Night?
- Does my child stop breathing, gasp, or choke during sleep?

If you answered **"yes"** to any of these questions, your child may have a sleep problem that should be discussed with your pediatrician or pediatric sleep specialist.

Credit: Jodi A. Mindell PhD and Judy Owens, *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems*. 3 edition