

# BEARS

## SLEEP SCREENING TOOL



BEARS is divided into 5 major sleep domains (B=Bedtime Issues, E=Excessive Daytime Sleepiness, A=Night Awakenings, R=Regularity and Duration of Sleep, S=Snoring) and helps clinicians evaluate potential sleep problems in children 2 to 18 years old. Each sleep domain has a set of age-appropriate “trigger questions” for use in the clinical interview. The screen is free to use.

	TODDLER / PRESCHOOL (2-5 YEARS)	SCHOOL-AGED (6-12 YEARS)	ADOLESCENT (13-18 YEARS)
<b>BEDTIME PROBLEMS</b>	Does your child have any problems going to bed? Falling asleep?	<i>(P) PARENT QUESTION; (C) CHILD QUESTION</i> (P) Does your child have any problems at bedtime? (C) Do you have any problems going to bed?	<i>(P) PARENT QUESTION; (C) CHILD QUESTION</i> (C) Do you have any problems going to bed?
<b>EXCESSIVE DAYTIME SLEEPINESS</b>	Does your child seem overtired or sleep a lot during the day? Does he/she still take naps?	(P) Does your child have difficulty waking in the morning, seem sleepy during the day or take naps? (C) Do you feel tired a lot?	(C) Do you feel sleepy a lot during the day? In school?
<b>AWAKE DURING THE NIGHT</b>	Does your child wake up a lot at night?	(P) Does your child seem to wake up a lot at night? Any sleepwalking or nightmares? (C) Do you wake up a lot at night? Have trouble getting back to sleep?	(C) Do you wake up a lot at night? Have trouble getting back to sleep?
<b>REGULARITY &amp; SLEEP DURATION OF SLEEP</b>	Does your child have a regular bedtime and wake time? What are they?	(P) What time does your child go to bed and get up on school days? Weekends? Do you think he/she is getting enough sleep?	(C) What time do you usually go to bed on school nights? Weekends? How much sleep do you usually get?
<b>SNORING</b>	Does your child snore a lot or have difficulty breathing at night?	(P) Does your child have loud or nightly snoring or any breathing difficulties at night?	(P) Does your teenager snore loudly or nightly?