

Title of Measure	Construct of Measure	Respondent	Age Range	Number of Items	Price	Citation
Children Sleep Habits Questionnaire	behaviorial and medically based sleep problems	Parent	4-12y	~45 items	Unknown, contact author (Judith A. Owens, MD, MPH)	Owens JA, Spirito A, McGuinn M. The children's Sleep Habits Questionnaire (CSHQ): psychometric properties of a survey instrument for school-aged children. Sleep 2000 Dec 15;23(8):1043e51
Cleveland Adolescent Sleepiness Questionnaire	Daytime sleepiness	Self	11-17y	16 items	Freely available	Spilsbury JC, Drotar D, Rosen CL, Redline S. The cleveland adolescent sleepiness questionnaire: a new measure to assess excessive daytime sleepiness in adolescents. J Clin Sleep Med 2007;3(6):603e12.
Brief Infant Sleep Questionnaire (& Extended)	BISQ: Nocturnal sleep duration, night wakings, method of falling asleep BISQ Extended : addition of sleeping arrangements, bedtime rituals, parental interventions, demographic information	Parent	5-29m 0-36m	~10 items ~25 items	Freely available	Sadeh A. A brief screening questionnaire for infant sleep problems: validation and findings for an internet sample. Pediatrics 2004;113(6 Part 1):e570e7 Sadeh A, Mindell JA, Luedtke K, Wiegand B. Sleep and sleep ecology in the first 3 years: a web-based study. J Sleep Res 2009;18(1):60e73.
Children's Report of Sleep Patterns	Sleep patterns, sleep hygiene, and sleep disturbance	Self	8-12y	67 items	Freely available	Meltzer LJ, Davis K, editors. School-aged children's report of sleep patterns. Sleep 2008; 2008. Baltimore.
Children's Sleep Behavior Scale	Sleep-related behaviors	Parent	6-12y	22 items	Freely available	Fisher BE, McGuire K, Pauley C. Children's Sleep Behavior Scale: normative data on 870 children in grades 1 to 6. Percept Mot Skills 1989;68 (1):227e36.
Children's Sleep Hygiene Scale	Sleep hygiene	Parent	2-8y	17 items	Freely available	Harsh J. R., Easley A., LeBourgeois M. K. (2002). A measure of children's sleep hygiene. Sleep , 25, A316–A317
Children's Sleep Questionnaire	Sleep quality	Parent	5-20y	24 items	Information not available	Simonds JF, Parraga J (1982) Prevalence of sleep disorders and sleep behaviors in children and adolescents. J Am Acad Child Psychiatry 21:383–388.
Epworth Sleepiness Scale	Daytime sleepiness	Parent	originally adults, modified for use in 5-16y children	7 items	Freely available	Johns MW (1991) A new method for measuring daytime sleepiness: the Epworth sleepiness scale. Sleep 14:540–545.
Obstructive Sleep Apnea - 18	Sleep disordered breathing-related quality of life	Parent	6m - 12y	18 items	Information not available	Sohn H, Rosenfeld RM. Evaluation of sleep-disordered breathing in children. Otolaryngol Head Neck Surg 2003;128(3):344e52. Strocker AM, Carrer A, Shapiro NL. The validity of the OSA-18 among three groups of pediatric patients. Int J Pediatr Otorhinolaryngol 2005;69(2):241e7.
Pediatric Daytime Sleepiness Scale	Daytime sleepiness	Self	11-15y	8 items	Information not available	Drake C, Nickel C, Burduvali E, Roth T, Jefferson C, Pietro B. The pediatric daytime sleepiness scale (PDSS): sleep habits and school outcomes in middleschool children. Sleep 2003 Jun 15;26(4):455e8.
Pediatric Sleep Questionnaire (PSQ)	Sleepiness scale, snoring scale, and inattention / hyperactivity scale	Parent	2-18y	22 items	Freely available	Chervin RD, Hedger K, Dillon JE, Pituch KJ. Pediatric sleep questionnaire (PSQ): validity and reliability of scales for sleep-disordered breathing, snoring, sleepiness, and behavioral problems. Sleep Med 2000;1:21e32.
Sleep Disturbance Scale for Children	Disorders of initiating and maintaining sleep, sleep breathing disorders, disorders of arousal, sleep-wake transition disorders, disorders of excessive somnolence, and sleep hyperhidrosis	Parent	6.5-15.3y	27 items	Freely available	Bruni O, Ottaviano S, Guidetti V, Romoli M, Innocenzi M, Cortesi F, et al. The sleep disturbance scale for children (SDSC) construction and validation of an instrument to evaluate sleep disturbances in childhood and adolescence. J Sleep Res 1996;5(4):251e61.

Sleep-Related Breathing Disorders scale of PSQ	Sleep-related breathing disorders	Parent	5-12.9y	14 items	Freely available
School Sleep Habits Survey	Sleep/wake habits, typical daytime functioning	Self	13-19y	~63 items (+ some sub-questions)	Freely available
For a list of additional sleep measures refer to:	Spruyt, K., & Gozal, D. (2011). Pediatric sleep questionnaires as diagnostic or epidemiological tools: a review of currently available instruments. <i>Sleep medicine reviews</i> , 15(1), 19-32.				

Chervin RD, Weatherly RA, Garett SL, Ruzicka DL, Giordani BJ, Hodges EK, et al. Pediatric sleep questionnaire: prediction of sleep apnea and outcomes. *Arch Otolaryngology Head Neck Surg* 2007;133(3):216e22.

Chervin RD, Archbold KH, Dillon JE, Panahi P, Pituch KJ, Dahl RE, et al. Inattention, hyperactivity, and symptoms of sleep-disordered breathing. *Pediatrics* 2002;109(3):449e56.68. Simonds JF, Parraga H.

Wolfson AR, Carskadon MA. Sleep schedules and daytime functioning in adolescents. *Child Dev* 1998;69(4):875e87

[https://www.nationaljewish.org/NJH/media/pdf/Meltzer%20References/Spruyt-\(2011\).](https://www.nationaljewish.org/NJH/media/pdf/Meltzer%20References/Spruyt-(2011).)

Title of Measure	Citations for Studies Utilizing Measure
Children Sleep Habits Questionnaire	<p data-bbox="401 191 1146 232">Kong, T. S., Han, T. Y., Lee, J. H., & Son, S. J. (2016). Correlation between severity of atopic dermatitis and sleep quality in children and adults. <i>Annals of dermatology</i>, 28(3), 321-326.</p> <p data-bbox="401 272 1146 313">Fagnano, M., Bayer, A. L., Isensee, C. A., Hernandez, T., & Halterman, J. S. (2011). Nocturnal asthma symptoms and poor sleep quality among urban school children with asthma. <i>Academic pediatrics</i>, 11(6), 493-499.</p> <p data-bbox="401 354 1146 394">Lynch, M., Dimmitt, R., & Goodin, B. (2018). Evidence of Disturbed Sleep in Children With Eosinophilic Esophagitis and Persistent Epigastric Pain, <i>Journal of Pediatric Psychology</i>, 43 (3), 331–341.</p>
Cleveland Adolescent Sleepiness Questionnaire	<p data-bbox="401 435 1146 500">Li, Z., Huang, I. C., Thompson, L., Tuli, S., Huang, S. W., DeWalt, D., ... & Shenkman, E. (2013). The relationships between asthma control, daytime sleepiness, and quality of life among children with asthma: a path analysis. <i>Sleep medicine</i>, 14(7), 641-647.</p>
Brief Infant Sleep Questionnaire (& Extended)	<p data-bbox="401 565 1146 605">Meltzer, L. J., & Pugliese, C. E. (2017). Sleep in young children with asthma and their parents. <i>Journal of Child Health Care</i>, 21(3), 301-311.</p>
Children's Report of Sleep Patterns	<p data-bbox="401 670 1146 711">Meltzer, L. J., Ullrich, M., & Szeffler, S. J. (2014). Sleep duration, sleep hygiene, and insomnia in adolescents with asthma. <i>The Journal of Allergy and Clinical Immunology: In Practice</i>, 2(5), 562-569.</p>
Children's Sleep Behavior Scale	<p data-bbox="401 735 1146 776">Dahl, R. E., Bernhisel-Broadbent, J., Scanlon-Holdford, S., Sampson, H. A., & Lupo, M. (1995). Sleep disturbances in children with atopic dermatitis. <i>Archives of pediatrics & adolescent medicine</i>, 149(8), 856-860.</p>
Children's Sleep Hygiene Scale	<p data-bbox="401 816 1146 857">Koinis-Mitchell, D., Kopel, S. J., Boergers, J., Ramos, K., LeBourgeois, M., McQuaid, E. L., ... & Klein, R. B. (2015). Asthma, allergic rhinitis, and sleep problems in urban children. <i>Journal of Clinical Sleep Medicine</i>, 11(02), 101-110.</p>
Children's Sleep Questionnaire	<p data-bbox="401 889 1146 930">Stores G, Ellis AJ, Wiggs L, et al. Sleep and psychological disturbance in nocturnal asthma. <i>Archives of Disease in Childhood</i> 1998;78:413-419.</p>
Epwroth Sleepiness Scale	<p data-bbox="401 963 1146 1003">Stores G, Ellis AJ, Wiggs L, et al. Sleep and psychological disturbance in nocturnal asthma. <i>Archives of Disease in Childhood</i> 1998;78:413-419.</p>
Obstructive Sleep Apnea - 18	<p data-bbox="401 1052 1146 1125">Ishman, S. L., Smith, D. F., Benke, J. R., Nguyen, M. T., & Lin, S. Y. (2012, March). The prevalence of sleepiness and the risk of sleep-disordered breathing in children with positive allergy test. In <i>International forum of allergy & rhinology</i> (Vol. 2, No. 2, pp. 139-143). Hoboken: Wiley Subscription Services, Inc., A Wiley Company.</p>
Pediatric Daytime Sleepiness Scale	<p data-bbox="401 1174 1146 1247">Ishman, S. L., Smith, D. F., Benke, J. R., Nguyen, M. T., & Lin, S. Y. (2012, March). The prevalence of sleepiness and the risk of sleep-disordered breathing in children with positive allergy test. In <i>International forum of allergy & rhinology</i> (Vol. 2, No. 2, pp. 139-143). Hoboken: Wiley Subscription Services, Inc., A Wiley Company.</p>
Pediatric Sleep Questionnaire (PSQ)	<p data-bbox="401 1271 1146 1312">[Modified use] Desager, K. N., Nelen, V., Weyler, J. J., & De Backer, W. A. (2005). Sleep disturbance and daytime symptoms in wheezing school-aged children. <i>Journal of sleep research</i>, 14(1), 77-82.</p>
Sleep Disturbance Scale for Children	<p data-bbox="401 1360 1146 1401">Camfferman, D., Kennedy, J. D., Gold, M., Martin, A. J., Winwood, P., & Lushington, K. (2010). Eczema, sleep, and behavior in children. <i>Journal of Clinical Sleep Medicine</i>, 6(06), 581-588.</p>

Sleep-Related Breathing Disorders scale of PSQ

Fagnano, M., van Wijngaarden, E., Connolly, H. V., Carno, M. A., Forbes-Jones, E., & Halterman, J. S. (2009). Sleep-disordered breathing and behaviors of inner-city children with asthma. *Pediatrics*, 124(1), 218-225.

School Sleep Habits Survey

Koinis Mitchell, D., Kopel, S. J., Williams, B., Cespedes, A., & Bruzzese, J. M. (2015). The association between asthma and sleep in urban adolescents with undiagnosed asthma. *Journal of School Health*, 85(8), 519-526.

For a list of additional sleep measures refer to:

[Pediatric-sleep-questionnaires-a-review.pdf](#)