

# PEDIATRIC SLEEP QUESTIONNAIRE

Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Age (Yrs): \_\_\_\_\_  
Weight: \_\_\_\_\_  
Height: \_\_\_\_\_  
BMI (kg/ h): \_\_\_\_\_ BMI Percentile: \_\_\_\_\_  
Age at Symptom onset (years) \_\_\_\_\_  
Duration of Disease (years) \_\_\_\_\_

## PSQ QUESTIONS:

- \_\_\_\_\_ While sleeping, does your child snore more than half the time?
- \_\_\_\_\_ While sleeping, does your child always snore?
- \_\_\_\_\_ While sleeping, does your child snore loudly?
- \_\_\_\_\_ While sleeping, does your child have "heavy" or loud breathing?
- \_\_\_\_\_ While sleeping, does your child have trouble breathing, or struggle to breathe?
- \_\_\_\_\_ Have you even seen your child stop breathing during the night?
- \_\_\_\_\_ Does your child occasionally wet the bed, sleepwalk, or have night terrors?
- \_\_\_\_\_ Does your child tend to breathe through the mouth during the day?
- \_\_\_\_\_ Does your child have a dry mouth on waking in the morning?
- \_\_\_\_\_ Does your child wake up unrefreshed in the morning?
- \_\_\_\_\_ Does your child wake up with headaches in the morning?
- \_\_\_\_\_ Is it hard to wake up your child in the morning?
- \_\_\_\_\_ Does your child have a problem with sleepiness during the day?
- \_\_\_\_\_ Has a teacher or supervisor commented - your child appears sleepy?
- \_\_\_\_\_ Did your child stop growing at a normal rate at any time since birth?
- \_\_\_\_\_ Is your child overweight?
- \_\_\_\_\_ This child does not seem to listen when spoken to directly
- \_\_\_\_\_ This child often has difficulty organizing tasks and activities
- \_\_\_\_\_ This child often is easily distracted by extraneous stimuli
- \_\_\_\_\_ This child often fidgets with hands or feet, or squirms in seat
- \_\_\_\_\_ This child often is "on the go" or often acts as if "driven by a motor"
- \_\_\_\_\_ This child often interrupts or intrudes on others (butts in conversations or games)

TOTAL SCORE = \_\_\_\_\_

CHEVIN ET AL, Pediatric Sleep Questionnaire (PSQ): validity and reliability of scales for sleep disordered breathing, snoring, sleepiness, behavioral problems, Sleep Medicine 2000

More than 8 positive responses may indicate a problem with sleep related breathing disorder.

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