**Appendix A. SLEEP DISTURBANCES SCALE FOR CHILDREN**

***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 circ**ling 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*9-11 hours* | 2*8-9 hours* | 3*7-8 hours* | 4*5-7 hours* | 5*less than 5 hours* |
| 1. How long after going to bed does your child usually fall asleep
 | 1*less than 15'* | 2*15-30'* | 3*30-45'* | 4*45-60'* | 5*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** |  |  |  |  |
| 1. The child goes to bed reluctantly
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child has difficulty getting to sleep at night
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child feels anxious or afraid when falling asleep
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child startles or jerks parts of the body while falling asleep
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child shows repetitive actions such as rocking or head banging while falling asleep
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child experiences vivid dream-like scenes while falling asleep
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child sweats excessively while falling asleep
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child wakes up more than twice per night
 | 1 | 2 | 3 | 4 | 5 |
| 1. After waking up in the night, the child has difficulty to fall asleep again
 | 1 | 2 | 3 | 4 | 5 |
| 1. 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 |
| 1. The child has difficulty in breathing during the night
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child gasps for breath or is unable to breathe during sleep
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child snores
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child sweats excessively during the night
 | 1 | 2 | 3 | 4 | 5 |
| 1. You have observed the child sleepwalking
 | 1 | 2 | 3 | 4 | 5 |
| 1. You have observed the child talking in his/her sleep
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child grinds teeth during sleep
 | 1 | 2 | 3 | 4 | 5 |
| 1. 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 |
| 1. The child has nightmares which he/she doesn’t remember the next day
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child is unusually difficult to wake up in the morning
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child awakes in the morning feeling tired
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child feels unable to move when waking up in the morning
 | 1 | 2 | 3 | 4 | 5 |
| 1. The child experiences daytime somnolence
 | 1 | 2 | 3 | 4 | 5 |
| 1. 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. SDSC Scoring Sheet

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| T score | **DIMS** | **SBD** | **DA** | **SWTD** | **DOES** | **SHY** | **TOTAL** | T score |
| 100+ | **26+** | **11+** | **8+** | **21+** | **20+** |  | **74+** | 100+ |
| 99 | **25** |  |  | **20** |  |  | **73** | 99 |
| 98 |  |  |  |  |  |  | **72** | 98 |
| 97 |  |  |  |  |  |  | **71** | 97 |
| 95 | **24** |  |  | **19** | **19** |  | **70** | 95 |
| 94 |  |  | **7** |  |  |  | **69** | 94 |
| 93 | **23** | **10** |  | **18** | **18** | **10** | **68** | 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 |
| 42 |  |  |  |  | **5** |  | **29** | 42 |
| 41 | **7** |  |  | **6** |  |  | **28** | 41 |
| 40 |  |  |  |  |  |  | **27** | 40 |
| 38 |  | **2** |  |  | **4** | **1** | **26** | 38 |

