

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.