



(Please mark each question that describes your child accurately)

PEDIATRIC SLEEP QUESTIONNAIRE

- 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 (circle any)?
- 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 un-refreshed 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 during the day?
- 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 Number of Positive Responses = _____

Chervin et al, Pediatric Sleep Questionnaire (PSQ): validity and reliability of scales for sleep disordered breathing, snoring, sleepiness, behavioral problems, Sleep Medicine 2000