

## BEARS Sleep Screening Tool

BEARS is divided into 5 major sleep domains (B=Bedtime Issues, E=Excessive Daytime Sleepiness, A=Night Awakenings, R=Regularity and Duration of Sleep, S=Snoring) and helps clinicians evaluate potential sleep problems in children 2 to 18 years old. Each sleep domain has a set of age-appropriate “trigger questions” for use in the clinical interview. The screen is free to use.

	<b>TODDLER/PRESCHOOL (2-5 YEARS)</b>	<b>SCHOOL-AGED (6-12 YEARS)</b>	<b>ADOLESCENT (13-18 YEARS)</b>
<b>B</b> EDTIME PROBLEMS	Does your child have any problems going to bed? Falling asleep?	Does your child have any problems at bedtime? (P) Do you have any problems going to bed? (C)	Do you have any problems falling asleep at bedtime? (C)
<b>E</b> XCESSIVE DAYTIME SLEEPINESS	Does your child seem overtired or sleepy a lot during the day? Does he/she still take naps?	Does your child have difficulty waking in the morning, seem sleepy during the day or take naps? (P) Do you feel tired a lot? (C)	Do you feel sleepy a lot during the day? In school? While driving? (C)
<b>A</b> WAKENINGS DURING THE NIGHT	Does your child wake up a lot at night?	Does your child seem to wake up a lot at night? Any sleepwalking or nightmares? (P) Do you wake up a lot at night? Have trouble getting back to sleep? (C)	Do you wake up a lot at night? Have trouble getting back to sleep? (C)
<b>R</b> EGULARITY AND DURATION OF SLEEP	Does your child have a regular bedtime and wake time? What are they?	What time does your child go to bed and get up on school days? Weekends? Do you think he/she is getting enough sleep? (P)	What time do you usually go to bed on school nights? Weekends? How much sleep do you usually get? (C)
<b>S</b> NORING	Does your child snore a lot or have difficult breathing at night?	Does your child have loud or nightly snoring or any breathing difficulties at night? (P)	Does your teenager snore loudly or nightly? (P)

(P) Parent-directed question (C) Child-directed question

Source: *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems* by Jodi A. Mindell and Judith A. Owens; Lippincott Williams & Wilkins