

SLEEP DISTURBANCE SCALE FOR CHILDREN

INSTRUCTIONS: This questionnaire will be used for the better understanding of your child's sleeping pace, and it will allow us to find out about possible disturbances. Please, try to answer all of the questions required and consider each of your answers in relation to the last **6 months** of your child's life. Answer from 1 to 5 according to the rank that best represents your child's situation.

Name: _____ Sex: M F Age: _____

1. How many hours does your child sleep during the night?	1 9-11 hours	2 8-9 hours	3 7-8 hours	4 5-7 hours	5 Under 5 hours
2. How long does it take your child to fall asleep?	1 Under 15'	2 15-30'	3 30-45'	4 45-60'	5 Longer than 60'

	5 Always (every day)				
	4 Usually (3 or 5 times a week)				
	3 Sometimes (once or twice a week)				
	2 Rarely (once or twice a month, even less)				
	1 Never				
3. He/She doesn't want to go to sleep	1	2	3	4	5
4. Finds it difficult to fall asleep	1	2	3	4	5
5. Feels nervous, anxious or scared when going to bed.	1	2	3	4	5
6. 'Jumps' or gets startled while sleeping.	1	2	3	4	5
7. Makes rhythmic movements or rocks him/herself to fall asleep.	1	2	3	4	5
8. Claims to see 'strange things' just before falling asleep.	1	2	3	4	5
9. Sweats a lot while falling asleep.	1	2	3	4	5
10. Wakes up more than twice every night.	1	2	3	4	5
11. Finds it difficult to get back to sleep when he/she wakes up during the night.	1	2	3	4	5
12. Keeps moving while sleeping.	1	2	3	4	5
13. Doesn't breathe properly while sleeping.	1	2	3	4	5
14. Stops breathing at some points while sleeping.	1	2	3	4	5
15. Snores	1	2	3	4	5
16. Sweats a lot during the night.	1	2	3	4	5
17. Gets up, sits down on the bed or walks while sleeping.	1	2	3	4	5
18. Talks while sleeping.	1	2	3	4	5
19. Grinds his/her teeth while sleeping.	1	2	3	4	5
20. Screams and cries while sleeping without waking up.	1	2	3	4	5
21. Suffers from nightmares which he/she doesn't remember the following day.	1	2	3	4	5
22. Finds it difficult to wake up in the morning.	1	2	3	4	5
23. Wakes up in the morning feeling very tired.	1	2	3	4	5
24. Can't move for a few minutes after waking up.	1	2	3	4	5
25. Feels sleepy all day long.	1	2	3	4	5
26. Suddenly falls asleep during the day.	1	2	3	4	5
TIMS: Trastorno del inicio y mantenimiento del sueño (sumar las puntuaciones de las preguntas 1,2,3,4,5,10,11)					
TRS: Trastorno respiratorio durante el sueño (sumar las puntuaciones de las preguntas 13,14,15)					
TD: Trastorno del despertar (sumar las puntuaciones de las preguntas 17,20,21)					
TTVS: Trastornos de la transición vigilia-sueño (sumar las puntuaciones de las preguntas 6,7,8,12,18,19)					
TES: Trastorno por excesiva somnolencia (sumar las puntuaciones de las preguntas 22,23,24,25,26)					
HPN: Hiperhidrosis nocturna (sumar las puntuaciones de las preguntas 9,16)					
TOTAL: Resultado total (sumar las puntuaciones de las seis escalas anteriores)					

Anotar las puntuaciones en la ficha en blanco en el reverso de la hoja para valorar si está o no presente el trastorno.

Hola de valoración

Nombre: _____ Edad: _____

T	TOTAL	TIMS	TRS	TA	TTVS	TSDE	HPSN	T
100+	74+	26+	11+	8+	21+	20+		100+
99	73	25			20			99
98	72							98
97	71							97
96						19		96
95	70	24			19			95
94	69			7				94
93	68		10					93
92		23				18	10	92
91	67				18			91
90	66							90
89	65	22						89
88	64					17		88
87					17			87
86	63	21	9				9	86
85	62					16		85
84	61							84
83					16			83
82	60	20		6				82
81	59					15		81
80	58						8	80
79	57	19	8		15			79
78								78
77	56					14		77
76	55	18						76
75	54							75
74					14		7	74
73	53	17				13		73
72	52		7					72
71	51							71
70		16		5	13			70
69	50					12	6	69
68	49							68
67	48							67
66	47	15			12			66
65			6			11		65
64	46							64
63	45	14					5	63
62	44				11			62
61						10		61
60	43	13						60
59	42							59
58	41		5	4	10			58
57		12				9	4	57
56	40							56
55	39							55
54	38	11			9			54
53	37					8		53
52			4					52
51	36						3	51
50	35	10			8	7		50
49	34							49
48								48
47	33	9		3				47
46	32					6		46
45	31		3		7		2	45
44		8						44
43	30							43
42	29					5		42
41	28	7			6			41
40	27							40
39							1	39
38	26		2			4		38
37					5			37
36								36
35				2				35
34								34

Puntuación T Normal T ≤ 60; sospecha entre 61 y 66; en el límite entre 67 y 70; patológico >70