

BEARS Sleep Screening Tool

B	Bedtime Problems	Preschool (2-5 years) Does your child have any problems going to bed? Falling asleep?	School Aged (6-12 years) Does your child have any problems at bedtime? Do they have any problems going to bed?	Adolescent (13-18 years) Do you have any problems falling asleep at bedtime?		
E	Excessive Daytime Sleepiness	Does your child seem overtired or sleepy a lot during the day?	Does your children have difficulty waking in the morning, seem sleepy during the day, or take naps? Do they feel tired a lot?	Do you feel sleeping a lot during the day at school or when driving?		
A	Awakening during the Night	Does your child still take naps? does your child wake up a lot during the night?	Does your child wake up a lot at night, any sleep walking, or have nightmares? Do they wake up a lot at night and have trouble getting back to sleep?	Do you wake up a lot at night? Do you have trouble getting back to sleep?		
R	Regularity & Duration of Sleep	Does your child have regular wake up and bed times? what are they?	What time does your child go to bed and get up on school nights / weekends? Do you think your child is getting enough sleep?	What time do you usually go to bed on school nights ? Weekends? How much sleep do you usually get?		
S	Sleep Disordered Breathing	Does your child snore a lot or have difficulty breathing during the night?	Does your child have loud or nightly snoring or any breathing difficulties at night?	Do you snore loudly or nightly?		