

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.

| | TODDLER/PRESCHOOL (2-5 YEARS) | SCHOOL-AGED (6-12 YEARS) | ADOLESCENT (13-18 YEARS) |
|--|---|--|---|
| 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) |
| E 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) |
| A 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) |
| R 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) |
| S 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



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