

Subscale Items
Children's Sleep Habits Questionnaire (CSHQ)

Numbers in parentheses refer to CSHQ item number

1. Bedtime Resistance (6 items)

Goes to bed at same time (1) (R) ^A
Falls asleep in own bed (3) (R)
Falls asleep in other's bed (4)
Needs parent in room to sleep (5)
Struggles at bedtime (6)
Afraid of sleeping alone (8)

2. Sleep Onset Delay (1 item)

Falls asleep in 20 minutes (2) (R)

3. Sleep Duration (3 items)

Sleeps too little (9)
Sleeps the right amount (10) (R)
Sleeps same amount each day (11) (R)

4. Sleep Anxiety (4 items)

Needs parent in room to sleep (5)
Afraid of sleeping in the dark (7)
Afraid of sleeping alone (8)
Trouble sleeping away (21)

5. Night Wakings (3 items)

Moves to other's bed in night (16)
Awakes once during night (24)
Awakes more than once (25)

6. Parasomnias (7 items)

Wets the bed at night (12)
Talks during sleep (13)
Restless and moves a lot (14)
Sleepwalks (15)
Grinds teeth during sleep (17)
Awakens screaming, sweating (22)
Alarmed by scary dream (23)

7. Sleep Disordered Breathing (3 items)

Snores loudly (18)
Stops breathing (19)
Snorts and gasps (20)

8. Daytime Sleepiness (8 items)

Wakes by himself (26) (R)
Wakes up in negative mood (27)
Others wake child (28)
Hard time getting out of bed (29)
Takes long time to be alert (30)
Seems tired (31)
Watching TV (32)
Riding in car (33)

Total Sleep Disturbance Score (33 items)^B

Scoring: Usually = 3 Sometimes = 2 Never/Rarely = 1

^A Note: Some items (R) should be reversed in scoring, so that a higher score reflects more disturbed sleep behavior.

^B Note: The Total Sleep Disturbance Score: Consists of all 33 subscale items instead of 35 (although items 5 and 8 are on both the Bedtime Resistance and Sleep Anxiety scales, they should be included only once in the total score)