

## Pediatric Sleep Questionnaire

Ronald D. Chervin et al Sleep Medicine 1 (2000) 21-32

(Pediatric Sleep Questionnaire: validity and reliability of scales for sleep-disordered breathing, snoring, sleepiness, and behavioural problems) For ages 2-18.

This questionnaire has been developed in a research setting and is the subject of further research at present. It can be useful as a screening questionnaire to help determine whether your child has a breathing related sleep disorder (BRSD).

Only a physician is qualified to diagnose a BRSD, if your child scores eight or more positive answers, a consultation with a physician is recommended.

Should your child's sleep be disturbed for whatever reason, their behaviour will also be affected. Think in terms of yourself as an adult, you have undoubtedly gone without sleep at some time in your life, perhaps while your child was up sick all night. How did your sleep deprivation affect your mood, general disposition, energy level and ability to perform, function and think the following day? A child that is sleep deprived could feel likewise on a daily basis, trying their very best to function under these debilitating circumstances. Many times a BRSD can be corrected with a simple Tonsillectomy or Adenoidectomy. Eight or more positive answers indicates the need for a consultation with a physician



## Determine The Quality of Your Child's Sleep

- While Sleeping, does your child snore more than half the time?
- While Sleeping, does your child always snore?
- While Sleeping, does your child snore loudly?
- While Sleeping, does your child have "heavy" or loud breathing?
- While Sleeping, does your child have trouble breathing, or struggle to breath?
- Have you ever Have you ever seen your child stop breathing during the night?
- Does your child tend to breathe through the mouth during the day?
- Does your child have a dry mouth on waking up in the morning?
- Does your child occasionally wet the bed?
- Does your child wake up unrefreshed in the morning?
- Does your child have a problem with sleepiness during the day?
- Has a teacher or supervisor commented -your child appears sleepy during the day?
- Is it hard to wake your child up in the morning?
- Does your child wake up with headaches in the morning?
- Did your child stop growing at a normal rate at any time since birth?
- Is your child overweight?
- This child often does not seem to listen when spoken to directly
- This child often has difficulty organizing task and activities
- This child often is easily distracted by extraneous stimuli
- This child often fidgets with hands or feet or squirms in seat
- This child often is 'on the go' or often acts as if 'driven by a motor'
- This child often interrupts or intrudes on others (butts into conversations or games)

# Pediatric Sleep Questionnaire

Determine The Quality of Your Child's Sleep

**Dr. John S. Viviano**

[SleepDisordersDentistry.com](http://SleepDisordersDentistry.com)

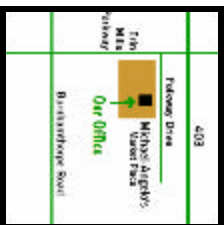


The Quality of your child's sleep is directly related to their daytime disposition, performance and quality of life

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“Sleep is a basic drive of nature. Sufficient sleep helps us think more clearly, complete complex tasks better and more consistently and enjoy everyday life more fully. Although many questions regarding the role of sleep remain unanswered, scientific studies have shown that sleep contributes significantly to several important cognitive, emotional and performance-related functions.”

Adolescent Sleep Needs and Patterns  
National Sleep Foundation 2000

**John S. Viviano** B.Sc. D.D.S., obtained his credentials from the University of Toronto and has practiced General, Family and Cosmetic Dentistry in Ontario, Canada since 1983.

He maintains a special interest in the conservative treatment of sleep-disordered breathing. A member of various sleep organizations, he is credentialed by the certifying board of the Academy of Dental Sleep Medicine, and has lectured on the treatment of sleep disordered breathing and the use of Acoustic Reflection. He has authored articles reviewing Acoustic Reflection and establishing protocols for its use in assessing airway normalization.

Dr. Viviano utilizes various appliance designs including trial appliances in his conservative therapy of sleep-disordered breathing.

