



HCHS/SOL- Family Lifestyle Outcomes Research

Child Sleep Habits Questionnaire (CSHE)

QXQ

3/26/2019

General Instructions

Read the statements to the participant concerning their child's sleeping habits and possible difficulties sleeping during **the past week**. If the last week was unusual for a specific reason, such as the child was ill and did not sleep well or the TV set was broken, they should choose the most recent typical week.

QxQ Instructions

Select one answer for each question.

Questions 1 – 2: record the response in 24hr format:

A. BEDTIME

1. What is your child's usual bedtime on **weeknights**: __ __ : __ __ [Hr:Min]
2. What is your child's usual bedtime on **weekends**: __ __ : __ __ [Hr:Min]

Questions 3 – 11: Answer choices are:

- 1=Always (every night)
- 2=Usually (5 or 6 times a week)
- 3=Sometimes (2 to 4 times a week)
- 4=Rarely (1 time a week)
- 5=Never (It does not occur)

3. Child goes to bed at the same time at night.
4. Child falls asleep within 20 minutes after going to bed.
5. Child falls asleep alone in own bed.
6. Child falls asleep in parent's or sibling's bed.
7. Child falls asleep with rocking or rhythmic movements.
8. Child needs special object to fall asleep (doll, special blanket, stuffed animal, etc.).
9. Child needs parent in the room to fall asleep.
10. Child resists going to bed at bedtime.



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11. Child is afraid of sleeping in the dark.

B. SLEEP BEHAVIOR

12. What is your child's usual amount of sleep each day (combining nighttime sleep and naps)

__ __ : __ __ [Hr:Min]

Questions 13 – 18, Answer choices are:

- 1=Always (every night)
- 2=Usually (5 or 6 times a week)
- 3=Sometimes (2 to 4 times a week)
- 4=Rarely (1 time a week)
- 5=Never (It does not occur)

13. Child sleeps about the same amount each day.

14. Child is restless and moves a lot during sleep.

15. Child moves to someone else's bed during the night (parent, sibling, etc.).

16. Child grinds teeth during sleep (your dentist may have told you this).

17. Child snores loudly.

18. Child awakens during the night and is sweating, screaming, and inconsolable.

19. Child naps during the day.

a. What is the usual number of hours and minutes the nap usually lasts:

__ __ : __ __ [Hr:Min]

C. WAKING DURING THE NIGHT

Questions 20 – 21: Answer choices are:

- 1=Always (every night)
- 2=Usually (5 or 6 times a week)
- 3=Sometimes (2 to 4 times a week)
- 4=Rarely (1 time a week)
- 5=Never (It does not occur)



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20. Child wakes up once during the night.

21. Child wakes up more than once during the night.

D. MORNING WAKE UP

Questions 22 – 23: Record answers in 24hr format:

22. What is the time your child usually wakes up in the morning on Weekdays
__ __ : __ __ [Hr:Min]

23. What is the time your child usually wakes up in the morning on Weekends
__ __ : __ __ [Hr:Min]

Questions 24 – 27: Answer choices are:

- 1=Always (every night)
- 2=Usually (5 or 6 times a week)
- 3=Sometimes (2 to 4 times a week)
- 4=Rarely (1 time a week)
- 5=Never (It does not occur)

24. Child wakes up by him/herself.

25. Child wakes up very early in the morning (or, earlier than necessary or desired).

26. Child seems tired during the daytime.

27. Child falls asleep while involved in activities.