



Pediatric Sleep Questionnaire: Sleep-Disordered Breathing Subscale

Child's Name: _____

Person completing form: _____

Date: _____/_____/_____

Please answer these questions regarding the behavior of your child during sleep and wakefulness. The questions apply to how your child acts in general during the past month. You should circle the correct response. A "Y" means "yes," "N" means "no," and "DK" means "don't know."

1. WHILE SLEEPING, DOES YOUR CHILD:

Snore more than half the time?.....	Y	N	DK
Always snore?	Y	N	DK
Snore loudly?	Y	N	DK
Have "heavy" or loud breathing?	Y	N	DK
Have trouble breathing, or struggle to breathe?	Y	N	DK

2. HAVE YOU EVER SEEN YOUR CHILD STOP BREATHING DURING THE NIGHT?
3. DOES YOUR CHILD:

Tend to breathe through the mouth during the day?.....	Y	N	DK
Have a dry mouth on waking up in the morning?	Y	N	DK
Occasionally wet the bed?	Y	N	DK

4. DOES YOUR CHILD:

Wake up feeling unrefreshed in the morning?	Y	N	DK
Have a problem with sleepiness during the day?	Y	N	DK

5. HAS A TEACHER OR OTHER SUPERVISOR COMMENTED THAT YOUR CHILD APPEARS SLEEPY DURING THE DAY?
6. IS IT HARD TO WAKE YOUR CHILD UP IN THE MORNING?
7. DOES YOUR CHILD WAKE UP WITH HEADACHES IN THE MORNING?.....
8. DID YOUR CHILD STOP GROWING AT A NORMAL RATE AT ANY TIME SINCE BIRTH?
9. IS YOUR CHILD OVERWEIGHT?
10. THIS CHILD OFTEN:

Does not seem to listen when spoken to directly.	Y	N	DK
Has difficulty organizing tasks and activities.	Y	N	DK
Is easily distracted by extraneous stimuli.	Y	N	DK
Fidgets with hands or feet or squirms in seat.	Y	N	DK
Is "on the go" or often acts as if "driven by a motor".	Y	N	DK
Interrupts or intrudes on others (eg., butts into conversations or games).	Y	N	DK

The 22 items of the SRBD Scale are each answered yes = 1, no = 0, or don't know = missing. The number of symptom-items endorsed positively (yes") is divided by the number of items answered positively or negatively; the denominator therefore excludes items with missing responses and items answered as don't know. The result is a number, a proportion that ranges from 0.0 to 1.0. Scores > 0.33 are considered positive and suggestive of high risk for a pediatric sleep-related breathing disorder. This threshold is based on a validity study that suggested optimal sensitivity and specificity at the 0.33 cut-off.¹