

Children's Sleep Hygiene Scale (CSHS) Scoring

- ❑ The CSHS provides 6 subscale scores and an overall sleep hygiene score.
- ❑ Higher scores indicate better practice of sleep hygiene.
- ❑ Response options are scored as follows:
 - Never (1 point)
 - Once in Awhile (2 points)
 - Sometimes (3 points)
 - Quite Often (4 points)
 - Frequently, if not Always (5 points)
 - Always (6 points)
- ❑ Reverse scoring may be needed for some items (1=6, 6=1, 2=5, 5=2, 3=4, 4=3).
- ❑ Reversed items are note with an “r” before number (see below).

Physiological – (Items 1, 3, 4, 7)

- ❑ Reverse score all items
- ❑ Compute the mean of the following items: r1, r, r4, r7

Cognitive – (Items 5, 8, 19)

- ❑ Reverse score all items
- ❑ Compute the mean of the following items: r5, r8, r19

Emotional – (Items 10, 11)

- ❑ Reverse score all items
- ❑ Compute the mean of the following items: r10, r11

Environmental – (Items 12-17)

- ❑ Reverse score items 12-15, 17
- ❑ Compute the mean of the following items: r12, r13, r14, r25, 17

Bedtime Routine – (Items 2, 18)

- ❑ Compute the mean of the following items: 2, 18

Sleep Stability – (Items 6, 9, 20-22)

- ❑ Reverse score items 20, 21
- Compute the mean of the following items: 6, 9, r20, r21, 22

CSHS Total Sleep Score - CSHSTOT

- ❑ Compute the mean of each of the subscales