

Children's Sleep Hygiene Scale

The University of Southern Mississippi • Sleep Research Laboratory
caretaker-report form for 2- to 12-year-old children

Directions

Using the choices below, circle how often the following things have happened during the past month.

Never

Once in Awhile

Sometimes

Quite Often

Frequently, if not always

Always

		Frequently, if not always					Always	
		Quite Often						
		Sometimes						
		Once in Awhile						
		Never						
During the 4 hours before bedtime, my child...								
1.	...has drinks with caffeine (for example: cola, root beer, iced tea).	N	O	S	Q	F	A	
Just before bedtime, my child...								
2.	...does things that are relaxing (for example: listens to a story or music, reads).	N	O	S	Q	F	A	
3.	...drinks a lot of liquids.	N	O	S	Q	F	A	
4.	...plays rough (for example: running, jumping, wrestling).	N	O	S	Q	F	A	
5.	...does things that are alerting (for example: playing video games, watching TV).	N	O	S	Q	F	A	
My child goes to bed...								
6.	...at about the same time in the evening.	N	O	S	Q	F	A	
7.	...and complains about being hungry.	N	O	S	Q	F	A	
8.	...and does things in bed that keep him/her awake.	N	O	S	Q	F	A	
9.	...in the same place in the evening.	N	O	S	Q	F	A	
10.	...feeling upset.	N	O	S	Q	F	A	
11.	...with worries.	N	O	S	Q	F	A	

		Always					
		Frequently, if not always					
		Quite Often					
		Sometimes					
		Once in Awhile					
		Never					
My child sleeps...							
12.	...in a darkened room.	N	O	S	Q	F	A
13.	...in a room that is too hot or too cold.	N	O	S	Q	F	A
14.	...in a room where there are loud noises.	N	O	S	Q	F	A
15.	...in a room that is “stuffy.”	N	O	S	Q	F	A
16.	...in a bed that is comfortable.	N	O	S	Q	F	A
17.	...in a home where someone smokes (inside the home).	N	O	S	Q	F	A
My child...							
18.	...has a <u>calming</u> bedtime routine.	N	O	S	Q	F	A
19.	...uses his/her bed for things <u>other than sleep</u> (for example: playing, watching TV, video games, place sent when in time-out).	N	O	S	Q	F	A
20.	...is put to bed after he/she is already asleep.	N	O	S	Q	F	A
21.	...stays up past his/her usual bedtime.	N	O	S	Q	F	A
22.	...gets out of bed at about the same time in the morning.	N	O	S	Q	F	A