

# Children's Sleep - Wake Scale

## 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**

Questions 1 - 5 only concern your child <b>Going to Bed</b> .							
		Frequently, if not Always					Always
		Quite Often					
		Sometimes					
		Once in Awhile					
		Never					
<b>When its <i>time to go to bed</i>, your child...</b>							
1.	...goes straight to the bed	N	O	S	Q	F	A
2.	...makes repeated requests (for example: asks for another drink, hug, story)	N	O	S	Q	F	A
3.	...wants to stay up and do other things (for example: read, play, or watch TV)	N	O	S	Q	F	A
<b>Your child...</b>							
4.	...is ready to go to bed at bedtime	N	O	S	Q	F	A
5.	...“puts off” or delays going to bed	N	O	S	Q	F	A
	Write in <u>how long</u> your child usually “puts off” or delays bedtime: ____ minutes						
Questions 6 - 10 only concern your child <b>Falling Asleep</b> .							
<b>When it's <i>time to go to sleep</i> (lights-out), your child...</b>							
6.	...is quiet and calm	N	O	S	Q	F	A
7.	...has trouble settling down	N	O	S	Q	F	A
<b>Your child...</b>							
8.	...has trouble going to sleep	N	O	S	Q	F	A
9.	...needs help getting to sleep	N	O	S	Q	F	A
10.	...falls asleep quickly after “lights-out”	N	O	S	Q	F	A

Write in <u>how long</u> it usually takes your child to fall asleep: ____ minutes
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**Questions 11 - 15 only concern your child Arousing and Awakening during the night.**

		Always					
		Frequently, if not Always					
		Quite Often					
		Sometimes					
		Once in Awhile					
		Never					
<b>During the night, your child...</b>							
11.	...tosses and turns in the bed	N	O	S	Q	F	A
12.	...is very restless	N	O	S	Q	F	A
13.	...moans, groans, or talks in sleep	N	O	S	Q	F	A
14.	...arouses, but does not fully awaken	N	O	S	Q	F	A
15.	...awakens more than once	N	O	S	Q	F	A
Write in how many times your child usually awakens during the night: ____ times							

**Questions 16 - 20 only concern your child Returning to Sleep after waking during the night.**

<b>After arousing or awakening, your child...</b>							
16.	...comes out of the bedroom	N	O	S	Q	F	A
17.	...awakens other family members	N	O	S	Q	F	A
18.	...calls out for the caretaker	N	O	S	Q	F	A
19.	...goes into someone else's bed	N	O	S	Q	F	A
20.	...rolls over and goes back to sleep	N	O	S	Q	F	A
Write in how long it takes your child to go back to sleep after arousing/awakening: ____min							

**Questions 21 - 25 only concern your child Waking in the Morning.**

<b>In the morning, your child wakes up...</b>							
21.	...without any help	N	O	S	Q	F	A
22.	...and is ready to get up for the day	N	O	S	Q	F	A
23.	...rested and alert	N	O	S	Q	F	A
<b>Your child...</b>							
24.	...is slow-to-start in the morning	N	O	S	Q	F	A
25.	...is difficult to get out of the bed in the morning	N	O	S	Q	F	A
Write in how long it takes your child to become alert in the morning: ____ minutes							

### Children's Sleep Wake Scale (CSWS) Scoring

- The CSWS provides 5 subscale scores and an overall sleep quality score.
- Higher scores indicate better success on each of the dimensions (or sleep quality).
- 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 is needed for some items (1=6, 6=1, 2=5, 5=2, 3=4, 4=3). Reversed items are noted below with an "r" before item number.

#### ***Going to Bed Subscale – GTB (Items 1-5)***

- Reverse score items 2, 3, 5
- Compute the mean of the following items: 1, r2, r3, 4, r5

#### ***Falling Asleep Subscale – FA (Items 6-10)***

- Reverse score items 7, 8, 9
- Compute the mean of the following items: 6, r7, r8, r9, 10

#### ***Maintaining Sleep Subscale – MS (Items 11-15)***

- Reverse score items 11-15
- Compute the mean of the following items: r11, r12, r13, r14, r15

#### ***Reinitiating Sleep Subscale –RS (Items 16-20)***

- Reverse score items 16-19
- Compute the mean of the following items: r16, r17, r18, r19, 20

#### ***Returning to Wakefulness Subscale – RTW (Items 21-25)***

- Reverse score items 24, 25
- Compute the mean of the following items: 21, 22, 23, r24, r25

#### ***CSWS Total Sleep Quality Score - CSWSTOT***

- Compute the mean of each of the subscales (GTB, FA, MS, RS, RTW)