

Screening Questionnaire: Obstructive Sleep Apnea

Name: _____
 Person completing form: _____

Date: ___/___/___

Please answer the following questions as they pertain to your child in the past month.

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?

Y N DK

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?

Y N DK

6. Is it hard to wake your child up in the morning?

Y N DK

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7. Does your child wake up with headaches in the morning?	Y	N	DK
8. Did your child stop growing at a normal rate at any time since birth?	Y	N	DK
9. Is your child overweight?	Y	N	DK
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
Does not seem to listen when spoken to directly	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

Scoring

Yes = 1
 No = 0

Average all scores to obtain a score between 0.00 and 1.00. Preliminary analyses suggest a cut-off of >0.33 for abnormal.

(For more information see Chervin RD, Hedger K, Dillon JE, Pituch KJ (2000). Pediatric Sleep Questionnaire (PSQ): validity and reliability of scales for sleep-disordered breathing, snoring, sleepiness, and behavioral problems. Sleep Medicine 1:21-32.)

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