

# BEARS SLEEP SCREENING ALGORITHM

The “BEARS” instrument is divided into five major sleep domains, providing a comprehensive screen for the major sleep disorders affecting children in the 2- to 18-year old range. Each sleep domain has a set of age-appropriate “trigger questions” for use in the clinical interview.

**B** = bedtime problems

**E** = excessive daytime sleepiness

**A** = awakenings during the night

**R** = regularity and duration of sleep

**S** = snoring

Examples of developmentally appropriate trigger questions:

	Toddler/preschool (2-5 years)	School-aged (6-12 years)	Adolescent (13-18 years)
<b>1. Bedtime problems</b>	Does your child have any problems going to bed? Falling asleep?	Does your child have any problems at bedtime? (P) Do you have any problems going to bed? (C)	<b>Do you have any problems falling asleep at bedtime? (C)</b>
<b>2. Excessive daytime sleepiness</b>	Does your child seem overtired or sleepy a lot during the day? Does she still take naps?	Does your child have difficulty waking in the morning, seem sleepy during the day or take naps? (P) Do you feel tired a lot? (C)	<b>Do you feel sleep a lot during the day? In school? While driving? (C)</b>
<b>3. Awakenings during the night</b>	Does your child wake up a lot at night?	Does your child seem to wake up a lot at night? Any sleepwalking or nightmares? (P) Do you wake up a lot at night? Have trouble getting back to sleep? (C)	<b>Do you wake up a lot at night? Have trouble getting back to sleep? (C)</b>
<b>4. Regularity and duration of sleep</b>	Does your child have a regular bedtime and wake time? What are they?	What time does your child go to bed and get up on school days? Weekends? Do you think he/she is getting enough sleep? (P)	<b>What time do you usually go to bed on school nights? Weekends? How much sleep do you usually get? (C)</b>
<b>5. Snoring</b>	<b>Does your child snore a lot or have difficult breathing at night?</b>	<b>Does your child have loud or nightly snoring or any breathing difficulties at night? (P)</b>	<b>Does your teenager snore loudly or nightly? (P)</b>

(P) Parent-directed question

(C) Child-directed question

Source: “A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems” by Jodi A. Mindell and Judith A. Owens; Lippincott Williams & Wilkins

