

PEDIATRIC SLEEP SCREEN - “BEARS” (AGES 2-18 YEARS)

Source: “A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems” by Jodi A. Mindell and Judith A. Owens
(with permission)

This instrument is designed to provide a practical and user-friendly vehicle for teaching medical students and residents to incorporate a pediatric sleep history into the standard history and physical in both ambulatory and inpatient settings. The “BEARS” instrument is divided into 5 major sleep domains, which provides a comprehensive screen for the major sleep disorders affecting children in the 2-18 year old age range. Each sleep domain has a set of age-appropriate “trigger questions” for use in the clinical interview. The accompanying curriculum is designed to teach medical students the basics of sleep and sleep disorders in children, utilizing “BEARS” as a format for organizing the major teaching points.

B = Bedtime problems **E** = Excessive daytime sleepiness **A** = Awakenings during the night
R = Regularity and duration of sleep **S** = Sleep disordered breathing

EXAMPLES OF DEVELOPMENTALLY APPROPRIATE TRIGGER QUESTIONS:

	PRESCHOOL (2-5 Years)	SCHOOL-AGED (6-12 Years)	ADOLESCENT (13-18 Years)
1) B edtime problems	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)	Do you have any problems falling asleep at bedtime? (C)
2) E xcessive daytime sleepiness	Does your child seem over tired 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)	Do you feel sleepy a lot during the day? in school? while driving? (C)
3) A wakenings during the night	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)	Do you wake up alot at night? Have trouble getting back to sleep? (C)
4) R egularity and duration of sleep	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)	What time do you usually go to bed on school nights? Weekends? How much sleep do you usually get? (C)
5) S leep-disordered breathing	Does your child snore a lot or have difficulty breathing at night?	Does your child have loud or nightly snoring or any breathing difficulties at night? (P)	Does your teenager snore loudly or nightly? (P)

P = Parent C = Child