Purpose  Consisting of 26 Likert-type items, the SDSC was designed both to evaluate specific sleep disorders in children, and to provide an overall measure of sleep disturbance suitable for use in clinical screening and research. Using factor analysis, developers Bruni and colleagues [1] divided items into six categories representing some of the most common sleep difficulties affecting adolescents and children: disorders of initiating and maintaining sleep, sleep breathing disorders, disorders of arousal/nightmares, sleep-wake transition disorders, disorders of excessive somnolence, and sleep hyperhidrosis (nighttime sweating).

Population for Testing  The scale has been validated with youth populations aged 6–15 years.

Administration  The questionnaire is completed by a parent or caregiver on behalf of the child using pencil and paper. Administration should require between 10 and 15 min.

Reliability and Validity  Bruni and colleagues [1] conducted a psychometric evaluation of the SDSC and found an internal consistency ranging from .71 to .79, a test-retest reliability of .71, a diagnostic accuracy of .91.

Obtaining a Copy  A copy can be found in the original article published by developers (1996).

Direct correspondence to:
Dr. Oliviero Bruni
Department of Developmental Neurology and Psychiatry
University of Rome
Via dei Sabelli 108-00185
Rome, Italy

Scoring  Parents use a five-point, Likert-type scale to indicate how frequently certain behaviors are exhibited by their children: 1 means “never,” while five corresponds with “always (daily).” Respondents also offer estimates of sleep quantity and onset time. Higher scores indicate more acute sleep disturbances. To obtain results, scores are tallied for each of the six sleep-disorder categories, and an overall score is calculated. Bruni and colleagues [1] have suggested a total cutoff score of 39 – in their evaluations of the scale, they found that this score corresponded with the upper quartile of their control group and gave a sensitivity of .89 and a specificity of .74.
INSTRUCTIONS: This questionnaire will allow to your doctor to have a better understanding of the sleep-wake rhythm of your child and of any problems in his/her sleep behaviour. Try to answer every question; in answering, consider each question as pertaining to the past 6 months of the child's life. Please answer the questions by circling or striking the number (0 to 5). Thank you very much for your help.

Name: ___________________________  Age: _______  Date: __________

1. How many hours of sleep does your child get on most nights:
   - 9-11 hours
   - 8-9 hours
   - 7-8 hours
   - 6-7 hours
   - less than 6 hours

2. How long after going to bed does your child usually fall asleep:
   - less than 15'
   - 15-30'
   - 30-45'
   - 45-60'
   - more than 60'

3. The child goes to bed reluctantly
4. The child has difficulty getting to sleep at night
5. The child feels anxious or afraid when falling asleep
6. The child startles or jerks parts of the body while falling asleep
7. The child shows repetitive actions such as rocking or head banging while falling asleep
8. The child experiences vivid dream-like scenes while falling asleep
9. The child sweats excessively while falling asleep
10. The child wakes up more than twice per night
11. After waking up in the night, the child has difficulty to fall asleep again
12. The child has frequent twitching or jerking of legs while asleep or often changes position during the night or kicks the covers off the bed.
13. The child has difficulty in breathing during the night
14. The child gasps for breath or is unable to breathe during sleep
15. The child snores
16. The child sweats excessively during the night
17. You have observed the child sleepwalking
18. You have observed the child talking in his/her sleep
19. The child grinds teeth during sleep
20. The child wakes from sleep screaming or confused so that you cannot seem to get through to him/her, but has no memory of these events the next morning
21. The child has nightmares which he/she doesn’t remember the next day
22. The child is unusually difficult to wake up in the morning
23. The child awakens in the morning feeling tired
24. The child feels unable to move when waking up in the morning
25. The child experiences daytime somnolence
26. The child falls asleep suddenly in inappropriate situations

Disorders of initiating and maintaining sleep (sum the score of the items 1,2,3,4,5,10,11)
Sleep Breathing Disorders (sum the score of the items 13,14,15)
Disorders of arousal (sum the score of the items 17,20,21)
Sleep-Wake Transition Disorders (sum the score of the items 6,7,8,12,18,19)
Disorders of excessive somnolence (sum the score of the items 22,23,24,25,26)
Sleep Hyperhidrosis (sum the score of the items 9,16)

Total score (sum 8 factors’ scores)

Representative Studies Using Scale

Reference


Representative Studies Using Scale
