

THE SLEEPINESS SCORE CARD FOR YOUNG CHILDREN

Look back at your child's behavior for the last two weeks and circle the number that most represents their behavior. Add up the numbers for your results. Scores above 10 may correlate with some daytime sleepiness, while scores above 16 suggest more serious sleep deprivation. Talk to a doctor if you're concerned about the results.

How likely is your child to fall asleep...	NEVER	SOMETIMES	OFTEN	FREQUENTLY
while watching a movie they picked	0	1	2	3
on the way to a field trip	0	1	2	3
and oversleep for school	0	1	2	3
while spending time alone	0	1	2	3
during an upbeat conversation	0	1	2	3
while reading a book in the morning	0	1	2	3
during mealtimes, while eating	0	1	2	3

This screening tool is not intended to make a diagnosis or replace a complete evaluation by a sleep specialist.