

# The BEARS Pediatric Sleep Screening Algorithm

If any of the questions have a “yes” response, then there is a need to consider sleep evaluation.  
We would be happy to assist you with your sleep concerns!

<b>B</b> edtime problems	Does your child have problems going to bed? Does your child have problems falling asleep?	Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>E</b> xcessive daytime sleepiness	Does your child seem overtired or sleepy throughout the day? Does your child have difficulty waking in the morning? Does your child feel sleepy while driving (for driving teenagers)?	Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>A</b> wakenings and other activities during night	Does your child experience awakenings throughout the night? Does your child have trouble getting back to sleep? Does your child experience sleep walking or night terrors? Does your child wet their bed (age 5years+ for girls; age 6 years+ for boys)?	Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>R</b> egularity and sleep duration	Does your child have an irregular sleep time and wake time during weekdays and weekends? Do you think that your child is not getting enough sleep?	Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>S</b> nororing	Does your child snore more than two nights out of seven nights a week? Does your child have difficulty breathing at night?	Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>

Modified from: Owens JA, Dalzell V: Use of the 'BEARS' sleep screening tool in a pediatric residents' continuity clinic: a pilot study. Sleep Med, 2005 Jan 6(1):63-9

The Center for Sleep Medicine

