

CSDI Screener

| Child's sleep habits since last month or visit | |
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| How often does your child have problems settling at bedtime? | <ul style="list-style-type: none"> ○ Less than once a week (0) ○ 1 or 2 nights a week (1) ○ 3 or more nights a week (2) |
| How long does it take them to settle to sleep? | <ul style="list-style-type: none"> ○ Few minutes (0) ○ Up to 30 minutes (1) ○ More than 30 minutes (2) |
| How often does your child wake in the night? | <ul style="list-style-type: none"> ○ Less than once a week (0) ○ 1 or 2 nights a week (1) ○ 3 or more nights a week (2) |
| How long does it usually take to resettle him/her? | <ul style="list-style-type: none"> ○ Few minutes (0) ○ Up to 30 minutes (1) ○ More than 30 minutes (2) |
| How often does your child wake before 5AM in the morning and remain awake? | <ul style="list-style-type: none"> ○ Less than once a week (0) ○ 1 or 2 nights a week (1) ○ 3 or more nights a week (2) |
| How often does your child insist on sleeping with someone else for most/all of the night? | <ul style="list-style-type: none"> ○ Less than once a week (0) ○ 1 or 2 nights a week (1) ○ 3 or more nights a week (2) |
| Total Score (sum of subscale scores) Total Score 4 and over=insomnia | |