

## BEARS Sleep Screening Tool

	Toddler/Preschool (2-5 years)	School-aged (6-12 years)	Adolescent (13-18 years)
Bedtime problems	Does your child have any problems going to bed? (P)	Does your child have any problems going to bed? (P) Do you have any trouble going to bed? (C)	Do you have any trouble falling asleep? (C)
Excessive daytime sleepiness	Does your child seem overtired or sleepy a lot during the day? Does he/she still take naps? (P)	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)
Awakenings during the night	Does your child wake up a lot at night? (P)	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 a lot at night? Have trouble getting back to sleep? (C)
Regularity and duration of sleep	Does your child have a regular bedtime and wake time? What are they? (P)	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)
Snoring	Does your child snore a lot or have difficulty breathing at night? (P)	Does your child have loud or nightly snoring or any breathing difficulties at night? (P)	

(P) Parent-directed question; (C) Child-directed question

Source: Owens, J. A., & Dalzell, V. (2005). Use of the "BEARS" sleep screening tool in a pediatric residents' community clinic: a pilot study. *Sleep Medicine*, 6 (1), 63-69.

# Healthy Sleep Habits

## Bedtime Routines

- Take a warm bath within 1 hour of bedtime
- Go to bed consistently at the same time and keep it.
- Turn off all electronic devices, tablets, TVs, loud music 1-2 hours before bedtime.
- Avoid using TVs or tablets to soothe children to sleep.
- Read a book together as part of the bedtime routine.

Age	Recommended Sleep time
Infant (4-12 month)	12-16 hours
Toddler (1-2 year)	11-14 hours (with naps)
Preschool (3-5 years)	10-13 hours
Grade school age (6-12 years)	9-12 hours
Adolescent (13-18 years)	8-10 hours

*American Academy of Pediatrics,  
American Academy of Sleep Medicine*

## Sleep Environment

- Remove electronic devices, tablets, TVs out of the bedroom. Family may set an overnight charging area away from the bedroom for tablets and smartphones.
- Avoid watching or listening to upsetting, scary news, books, tv shows within 2 hours of bedtime.
- Stop overnight feedings around 6 months of age. (No bottles in bed)
- Avoid heavy meals 2 hours prior to bedtime.
- Use the bed only for sleep. Do not watch TV, read, work, or use electronics, cell phones in the bed.
- Keep it dark, and cool. Cooler room temperatures promote sleep. Keep a blanket close by for your child.

## Daytime Activities

- Physical activity, exercise during the daytime promotes sleep at night
- Avoid strenuous physical activity, exercise within 2 hours of bedtime
- Exposure to bright light, sun during the daytime helps set your biological clock
- Avoid caffeine (coffee, green tea, energy drinks, chocolate) within 4-6 hours of bedtime.
- Limit daytime naps to no longer than 45-60 mins. Avoid late afternoon/evening naps.

# Restructuring Bedtime Routine

## 1. Set firm bedtime limits and rules

- Explain rules to child, keep it simple
- No electronics, TVs, cell phones, loud music 2 hours within bedtime
- It may help to remove electronic devices from child's room overnight

## 2. Set a temporary bedtime

- Set temporary bedtime closer to when child usually falls asleep
- Goal is to have child spend less time in bed awake

## 3. Bedtime Fading

- Once child starts falling asleep within 15 minutes of temporary bedtime, gradually move up bedtime earlier by 15 minutes every few days.

## 4. Bedtime Routines

- Limit bedtime routines to 30 minutes or less
- Choose 1-3 calming, soothing activities (bath, brushing teeth, bedtime stories)
- Refrain from stimulating activities (exercise, running, electronics, games, scary movies)
- Visual charts with pictures may help for child to follow through with routines

## 5. Put your child to bed

- Try to leave the room while child is awake
- The goal is for your child to be able to soothe themselves to fall asleep and not associate the parent being present with being able to fall asleep

## 6. If child cries or throws a tantrum:

- Gently remind them it is bedtime and leave the room
- You may return periodically to check-in and reassure them you are there
- Keep check-ins to less than 1 minute
- Refrain from comforting or soothing your child and repeat above steps
- The goal is to help them learn to self-soothe

## 7. If child tries to leave the room:

- Calmly return them to their room
- Be firm, consistent with bedtime limits
- Do not lock them in the room, rather sit close to the door (inside/outside) and help them self-regulate

## 8. Rewards (Positive Reinforcement)

- Use praise, sticker charts, favorite breakfast items as rewards
- No need to focus or mention negative behaviors

## 9. Consistency and staying calm is key

- Extinction bursts of worsening temper tantrums, challenging behaviors may arise in the first few weeks before new bedtime habits settle.
- Consistency in setting limits and staying calm is key in success with changing behaviors.