

Children`s Sleep Comic



© 2014

Schwerdtle, B., Kanis, J., Kübler, A. & Schlarb, A. A.

Adaption of „Freiburger Kinderschlafcomic“ (Rabenschlag et al., 1992)

Pictures: H. Kahl



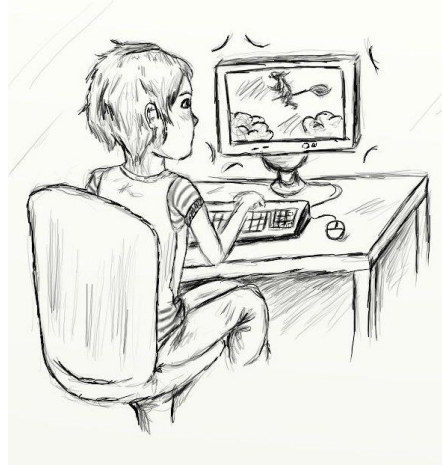
In the following pictures you can see what a lot of children do in the evening or during the night. We would like to know what you do. Please check the box if the situation fits to yours.



What do you do before bed-time?



☐ I jump around



☐ I play computer/videogames or games on the phone



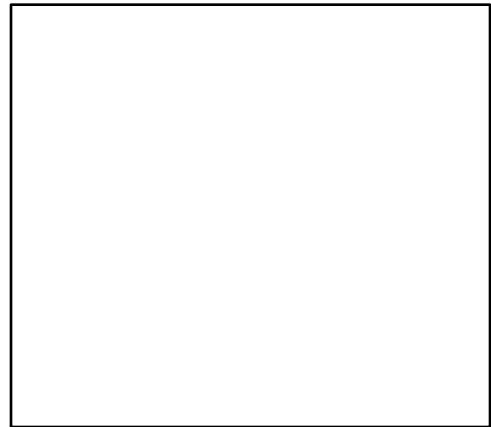
☐ I watch something on TV



☐ I read



☐ I play with my family/my siblings



☐ I do something else



Where do you fall asleep in the evening?



☐ I fall asleep in my own bed



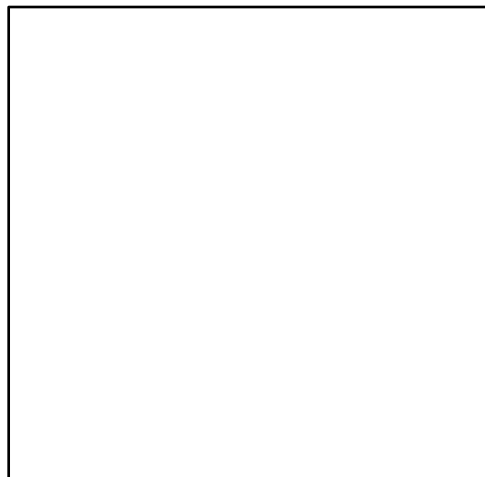
☐ I fall asleep in my parents bed



☐ I fall asleep in the living-room



☐ I fall asleep in my brother`s/my sister`s bed



☐ I falls asleep somewhere else



What do you do in bed before you fall asleep?

☐

I read books or comics

☐

I play a little

☐

I listen to music or stories

☐

Somebody reads to me



What do you do in bed before you fall asleep?

☐

I cuddle my soft toy

☐

I watch something on TV

☐

I play computer or videogames or games on the phone

☐

My brother/ my sister comes into my bed



What do you do in bed before you fall asleep?

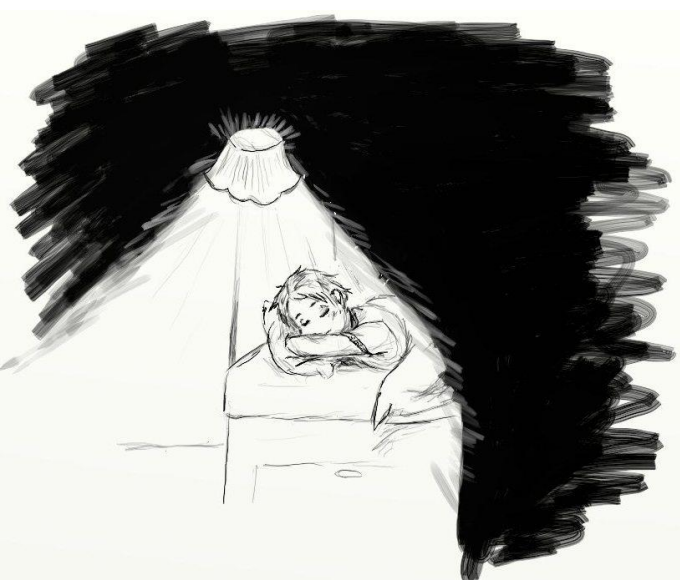


☐ I take my pet into bed with me



☐ I just lay around

What do you need to fall asleep?



☐ The light has to be on



☐ My bedroom door has to stay open



What do you need to fall asleep?

☐

Mom or dad have to
lay next to me until I
fall asleep

☐

Mom or dad have to sit
beside my bed until I fall
asleep

☐

I don't need
anything particular

☐☐

I need something else



How long does it take you to fall asleep?



☐ I always fall asleep very quickly



☐ It takes a little while until I fall asleep



☐ It takes a long time until I fall asleep



☐ I'm still awake even if my parents think I am sleeping



I lay in bed and can't fall asleep because:

☐

I'm not tired yet

☐

I'm worried

☐

I'm scared

☐

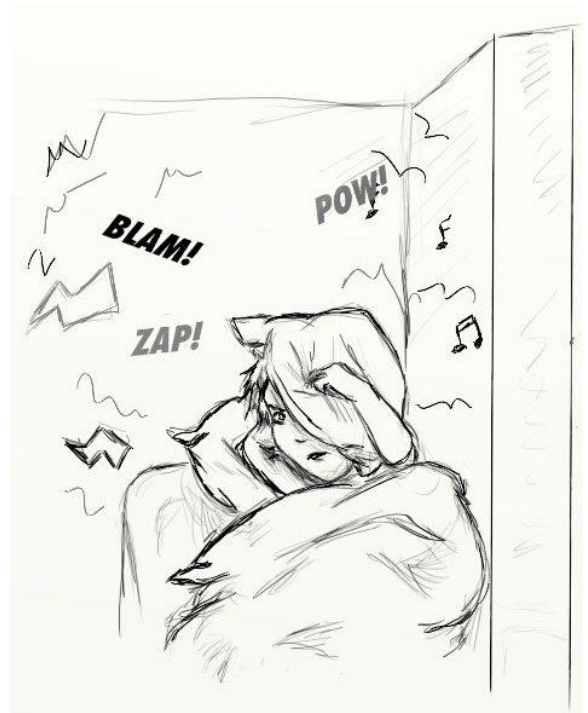
I'm alone



I lay in bed and can't fall asleep because:



☐ It's too cold or too warm for me



☐ It's loud outside or in our apartment



☐ Just because



☐ That doesn't happen



What are you afraid of in bed at night?

☐

I'm afraid of the dark

☐

I'm afraid of a burglar

☐

I'm afraid of my dreams

☐

I'm afraid of my parents fighting



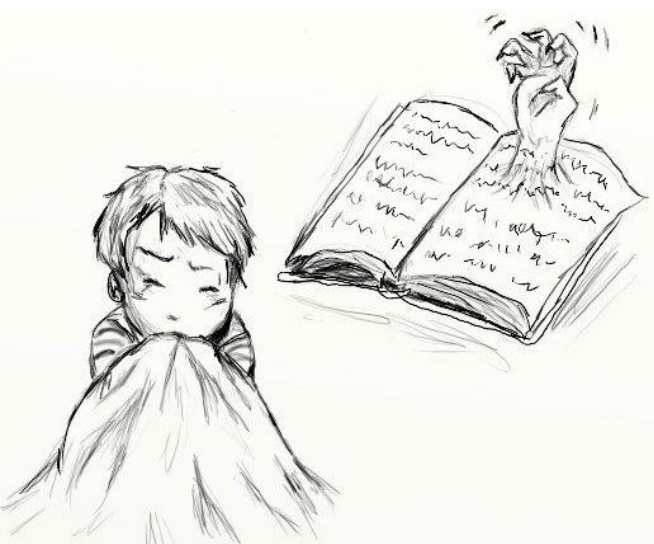
What are you afraid of in bed at night?



☐ I'm afraid my parents might split up



☐ I'm afraid of being alone



☐ I keep thinking about the story in my book and I'm scared



☐ I keep on thinking about the movie on TV and I'm scared



What are you afraid of in bed at night?



☐ I'm afraid of kindergarten



☐ I'm afraid of school

☐ My fears are great and often

☐ I'm just afraid a little

☐ I'm not afraid



What do you do if you can't fall asleep?

☐

I lay awake and wait

☐

I get up and go to my parents

☐

Mom or dad have to come to me

☐

I go into mom or dad's bed



What do you do if you can't fall asleep?



☐ I read or listen to music or a story



☐ I jump around until I'm tired and fall asleep



☐ I take my pet into bed with me



☐ I play a little and fall asleep later on



What do you do if you can't fall asleep?



☐ I get up and eat or drink something

☐

☐ I do something else



Where do you sleep at night?



I sleep in my own room

☐

☐ I sleep in the room I share with my siblings



☐ I sleep in my parent's bedroom



Where do you sleep at night?

☐

I sleep in my parent's bed

☐

I prefer sleeping in my
sister/ my brother's
bed



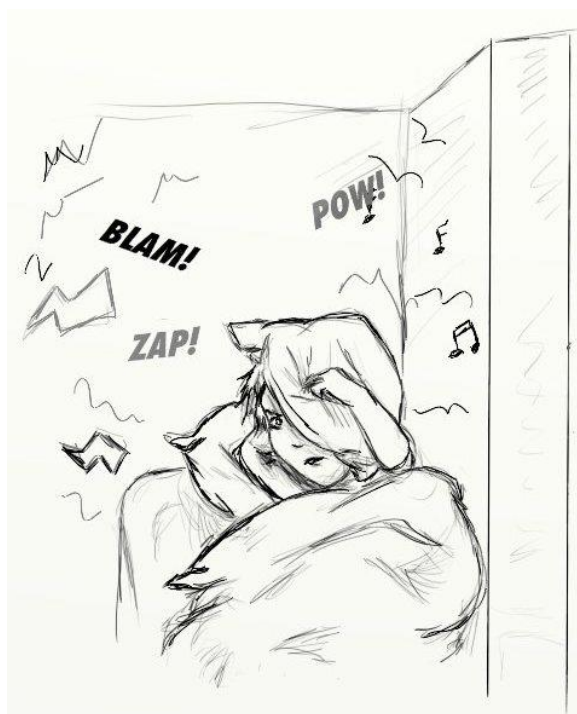
Do you wake up at night?



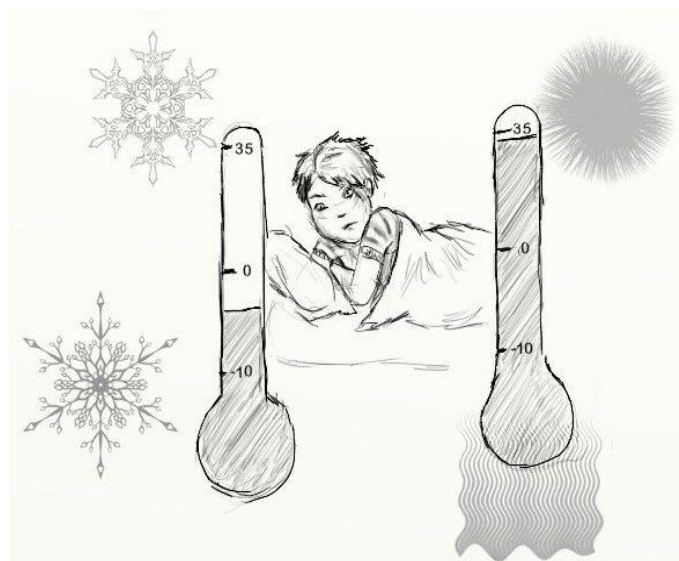
☐ I wake up because I had a bad dream



☐ I wake up because I have to use the bathroom



☐ I wake up because it's loud outside or in the apartment



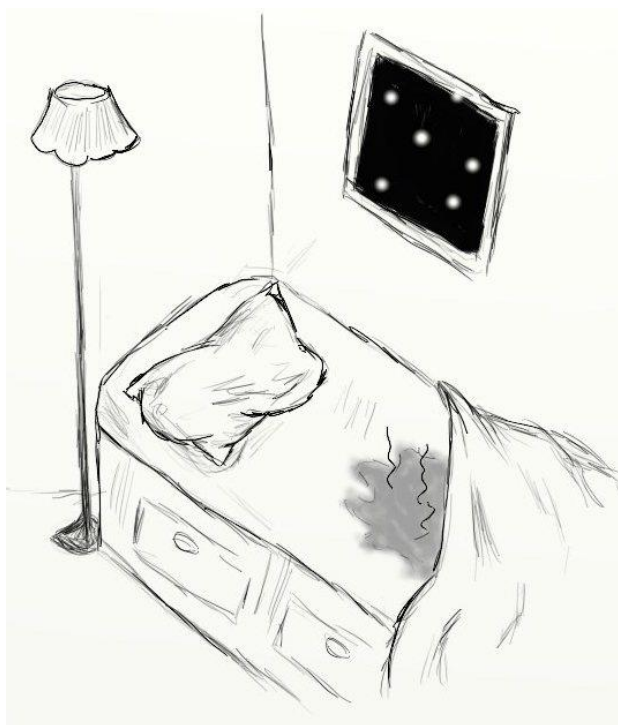
☐ I wake up because it's too cold or too warm for me



Do you wake up at night?



☐ I wake up because I'm hungry or thirsty



☐ I wake up because my bed is wet



☐ I just wake up



☐ I don't wake up during the night



If you wake up at night:



☐ It takes me a long time to get back to sleep



☐ I fall asleep again quickly



What do you do if you wake up during the night?



☐ I stay in bed and fall asleep again later



☐ I play and fall asleep again later



☐ I get up and fall asleep again later



What do you do if you wake up during the night?



☐ I read or listen to music or a story



☐ I jump around until I'm tired again and fall asleep



☐ I get up and eat or drink something



☐ Mom or dad have to come to me



What do you do if you wake up during the night?



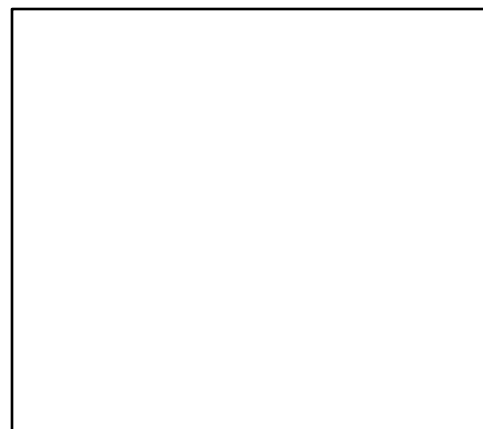
☐ I go into my parent's bed and continue sleeping there



☐ I take my pet into bed with me



☐ I don't wake up during the night



☐ I do something else



Dreams at night:



☐ I dream about nice things



☐ I dream about things that scare me



☐ I don't dream



☐ If I dreamed at night, I talk about it



☐ If I dreamed at night, I keep it to myself



Getting up in the morning:

☐

I`m tired and sleepy

☐

I`m fresh and alert



How do you sleep at the week-end?



Saturday – Sunday

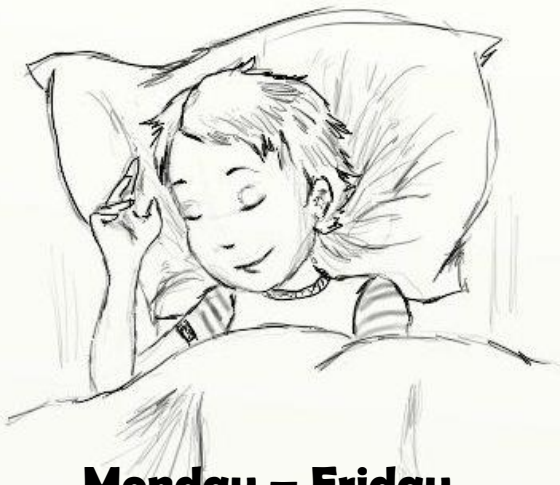
☐ Well



Saturday – Sunday

☐ Not so well

... and how do you sleep at school-days?



Monday – Friday

☐ Well



Monday – Friday

☐ Not so well



Do you like going to sleep?



☐ Yes



☐ No

Do you take a nap?



☐ Yes

☐ No



Daytime:



☐ I'm always fresh and alert



☐ I argue a lot



☐ Listening is hard for me



☐ I'm often tired



Daytime:



☐ I forget a lot of things



☐ I hurt myself a lot or I often fall



☐ I've often got a head or tummy-ache



☐ I'm often worried about the way I sleep



**... and now:
Thanks a lot for your help! Well done!**

