



Children's Sleep Comic - Analysis

General rules:

The answering options were previously classified as supporting sleep, negatively affecting sleep, or as being neutral. Points are given for the ticked items, which were classified as negatively affecting sleep.

A point is given for each question, if at least one "negatively affecting sleep" answer is ticked. If several "negatively affecting sleep" answers are checked, still only one point is awarded. Even if, in addition, a positive or neutral answer is ticked within the same question, only one point is given.

A maximum of 20 points can be achieved. The more points, the more significant is the sleep problem.

Additional rules:

- For the answer "I do something else": Check whether the specified answer corresponds with one of the other response options.
- For some of the questions special rules apply (see bold letters in the table).
- For some questions additional information is collected, which is not included in the total score (see italics in the table).

(1) What do you do before bed-time?	
Negative: <ul style="list-style-type: none"> • I jump around • I play computer/videogames or games on the phone • I watch something on TV 	Neutral/positiv: <ul style="list-style-type: none"> • I read • I play with my family/my siblings • I do something else
(2) Where do you fall asleep in the evening?	
Negative: <ul style="list-style-type: none"> • 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 	Neutral/positiv: <ul style="list-style-type: none"> • I fall asleep in my own bed • I falls asleep somewhere else



(3) What do you do in bed before you fall asleep?	
<p>Negative:</p> <ul style="list-style-type: none"> • I watch something on TV • I play computer or videogames or games on the phone • My brother/ my sister comes into my bed • I take my pet into bed with me 	<p>Neutral/positiv:</p> <ul style="list-style-type: none"> • I read books or comics • I play a little • I listen to music or stories • Somebody reads to me • I cuddle my soft toy • I just lay around
(4) What do you need to fall asleep?	
<p>Negative:</p> <ul style="list-style-type: none"> • The light has to be on • 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 	<p>Neutral/positiv:</p> <ul style="list-style-type: none"> • My bedroom door has to stay open • I don´t need anything particular • I need something else
(5) How long does it take you to fall asleep?	
<p>Negative:</p> <ul style="list-style-type: none"> • It takes a long time until I fall asleep 	<p>Neutral/positiv:</p> <ul style="list-style-type: none"> • I always fall asleep very quickly • It takes a little while until I fall asleep <p>Wird mindestens eines dieser beiden Items angekreuzt, zählt das schlafhinderliche Item nicht.</p>
	<p><i>Additional information:</i></p> <ul style="list-style-type: none"> • <i>I´m still awake even if my parents think I am sleeping</i>
(6) I lay in bed and can´t fall asleep because:	
<p>Negative:</p> <ul style="list-style-type: none"> • I´m worried • I´m scared • I´m alone • It´s too cold or too warm for me • It´s loud outside or in our apartment 	<p>Neutral/positiv:</p> <ul style="list-style-type: none"> • I´m not tired yet • Just because • That doesn´t happen



(7) What are you afraid of in bed at night?	
<p>Negative:</p> <ul style="list-style-type: none"> • 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 • 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 • I`m afraid of kindergarten/ school 	<p>Neutral/positiv:</p>
No Point, if noting was checked.	

(8) Additional Point:	
<p>Negative:</p> <ul style="list-style-type: none"> • My fears are great and often 	<p>Neutral/positiv:</p> <ul style="list-style-type: none"> • I`m just afraid a little • I`m not afraid

(9) What do you do if you can`t fall asleep?	
<p>Negative:</p> <ul style="list-style-type: none"> • I go into mom or dad`s bed • I jump around until I`m tired and fall asleep • I take my pet into bed with me 	<p>Neutral/positiv:</p> <ul style="list-style-type: none"> • I lay awake and wait • I get up and go to my parents • Mom or dad have to come to me • I read or listen to music or a story • I play a little and fall asleep later on • I get up and eat or drink something • I do something else

(10) Where do you sleep at night?	
<p>Negative:</p> <ul style="list-style-type: none"> • I sleep in my parent`s bed • I prefer sleeping in my sister/ my brother`s bed 	<p>Neutral/positiv:</p> <ul style="list-style-type: none"> • I sleep in my own room • I sleep in the room I share with my siblings • I sleep in my parent`s bedroom



(11) Do you wake up at night?	
Negative: <ul style="list-style-type: none"> • I wake up because I had a bad dream • 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 • I wake up because I`m hungry or thirsty • I wake up because my bed is wet 	Neutral/positiv: <ul style="list-style-type: none"> • I wake up because I have to use the bathroom
	No Point, if one of the following answers was checked – even if one negative answer was also checked: <ul style="list-style-type: none"> • I just wake up • I don`t wake up during the night

(12) If you wake up at night:	
Negative: <ul style="list-style-type: none"> • It takes me a long time to get back to sleep 	Neutral/positiv: <ul style="list-style-type: none"> • I fall asleep again quickly

(13) What do you do if you wake up during the night?	
Negative: <ul style="list-style-type: none"> • I jump around until I`m tired again and fall asleep • Mom or dad have to come to me • I go into my parent`s bed and continue sleeping there • I take my pet into bed with me 	Neutral/positiv: <ul style="list-style-type: none"> • I stay in bed and fall asleep again later • I play and fall asleep again later • I get up and fall asleep again later • I read or listen to music or a story • I get up and eat or drink something • I don`t wake up during the night • I do something else

(14) Dreams at night:	
Negative: <ul style="list-style-type: none"> • I dream about things that scare me 	Neutral/positiv: <ul style="list-style-type: none"> • I dream about nice things • I don`t dream
	Additional information: <ul style="list-style-type: none"> • <i>If I dreamed at night, I talk about it</i> • <i>If I dreamed at night, I keep it to myself</i>



(15) Getting up in the morning:	
Negative: <ul style="list-style-type: none"> • I`m tired and sleepy 	Neutral/positiv: <ul style="list-style-type: none"> • I`m fresh and alert
If both answers were checked: no point	

(16) How do you sleep at the week-end?	
Negative: <ul style="list-style-type: none"> • Not so well 	Neutral/positiv: <ul style="list-style-type: none"> • Well
If both answers were checked: no point	

(17) ... and how do you sleep at school-days?	
Negative: <ul style="list-style-type: none"> • Not so well 	Neutral/positiv: <ul style="list-style-type: none"> • Well
If both answers were checked: no point	

(18) Do you like going to sleep?	
Negative: <ul style="list-style-type: none"> • No 	Neutral/positiv: <ul style="list-style-type: none"> • Yes
No additional rules for the remaining items: if both answers were checked, give one point	

(19) Do you take a nap?	
Negative: <ul style="list-style-type: none"> • Yes 	Neutral/positiv: <ul style="list-style-type: none"> • No

(20) Daytime:	
Negative: <ul style="list-style-type: none"> • I`m often tired • I`m often worried about the way I sleep 	Neutral/positiv: <ul style="list-style-type: none"> • I`m always fresh and alert • I argue a lot • Listening is hard for me • I forget a lot of things • I hurt myself a lot or I often fall • I`ve often got a head or tummy-ache