Brief description:
CSHQ is designed to screen for the most common sleep problems in children. The CSHQ evaluates the child's sleep based on behavior within eight different subscales: bedtime resistance, sleep-onset delay, sleep duration, sleep anxiety, night wakings, parasomnias, sleep-disordered breathing, and daytime sleepiness. Items are scored based on frequency (usually to rarely).

Notes:
- cshq_slp_prnt_in_room and cshq_slp_afraid_alone are counted in two subscales but should only be counted once each in the total score.
- cshq_slp_wtchg_tv and cshq_slp_car are scored as no response = 1, "Very Sleepy" = 2, "Falls Asleep" = 3.
- Other items are scored as "Usually (5-7)" = 3, "Sometimes (2-4)" = 2, "Rarely (0-1)" = 1, except for reverse-scored items.
- Reverse-scored items are indicated by "(R)" and are scored as "Usually (5-7)" = 1, "Sometimes (2-4)" = 2, "Rarely (0-1)" = 3.
- This scoring manual is intended to be used only with the questionnaire version on braincode.ca.

Construct	Type of measure	Scoring	Variables from Data Dictionary
Subscale 1: Bedtime Resistance	Continuous	Summed score of 6 items	cshq_slp_same_time (R) + cshq_slp_own_bed (R) + cshq_slp_sblng_bed + cshq_slp_prnt_in_room + cshq_strgl_bedtm + cshq_slp_afraid_alone
Subscale 2: Sleep Onset Delay	Continuous	Score of 1 item	cshq_slp_20mins (R)
Subscale 3: Sleep Duration	Continuous	Summed score of 3 items	cshq_slp_too_little + cshq_slp_right_amt (R) + cshq_slp_same_amt (R)
Subscale 4: Sleep Anxiety	Continuous	Summed score of 4 items	cshq_slp_prnt_in_room + cshq_slp_afraid_dark + cshq_slp_afraid_alone + cshq_trbl_slp_away_home
Subscale 5: Night Wakings	Continuous	Summed score of 3 items	cshq_moves_oth_bed + cshq_awake_once + cshq_awake_more_once
Subscale 6: Parasomnias	Continuous	Summed score of 7 items	cshq_wet_bed_night + cshq_talk_slp + cshq_rstlss_slp + cshq_slpwlk_night + cshq_grinds_teeth_slp + cshq_awkn_incnsbl + cshq_awkn_frghtng_dream

Subscale 7: Sleep Disordered Breathing	Continuous	Summed score of 3 items	cshq_snores_loud + cshq_stop_breath_slp + cshq_snort_gasp_slp
Subscale 8: Daytime Sleepiness	Continuous	Summed score of 8 items	cshq_wakes_self (R) + cshq_wakes_neg_mood + cshq_wakes_by_oth + cshq_dfcty_out_bed + cshq_takes_long_alert + cshq_tired_dy + cshq_slp_wtchg_tv + cshq_slp_car

References:

1. Owens, JA, Spirito, A, McGuinn, M, The Children's Sleep Habits Questionnaire (CSHQ): Psychometric Properties of a Survey Instrument for School-Aged Children. Sleep, 2000; 23(8):1-9.
2. Owens, JA, personal communication, May 7, 2018.