**RCH National Child Health Poll Sleep and Sleep Hygiene Questionnaire**

1. How much of a problem is **your child's** sleeping pattern or habits for you? Sleeping patterns or habits include the times they go to bed or wake-up, number of hours asleep, where they sleep, how heavy or lightly they sleep etc. {BY CHILD}  
     
    Not a problem/A small problem /A moderate problem/A large problem
2. In general, do you think your child gets the right amount of sleep? {BY CHILD}

My child gets too much sleep

My child gets about the right amount of sleep

My child does not get enough sleep/unsure

1. Does your child go to bed at regular times? ‘Regular’ means at a similar time each night, not whether it’s early or late. BY CHILD}

Always

Usually

Sometimes

Rarely

Never

1. Does child have any of these conditions on 4 or more nights a week, that is, more than half of the time? {BY CHILD}

Yes/No/Not sure

* 1. Difficulty getting off to sleep at night
  2. Not happy to sleep alone
  3. Waking during the night
  4. Seeming tired in the morning

1. The following statements are about your child’s sleep habits and possible difficulties with sleep. Think about **the past week** when you answer the questions. If the past week was unusual, choose the most recent typical week.

{PRESENT BY CHILD, FOR CHILDREN AGED >=5 YEARS, PRESENT QUESTIONS IN RANDOM ORDER IN CAROUSEL}

Always (every night)/Usually (4–6 nights/week)/Sometimes (2–3 nights/week) /Rarely (once/week) /Never (less than once a week)

* 1. My child uses their bed for things other than sleep (for example: talking/ texting on the phone, watching TV/screen, playing video games, doing homework)
  2. In the hour (60 minutes) before they go to sleep, my child uses a screen **in bed**
  3. In the hour (60 minutes) before they go to sleep, my child uses a screen while **not sitting or lying** **in bed**
  4. My child has drinks or food that contain caffeine after lunchtime (e.g. coke/cola, tea, coffee, energy drinks, chocolate, iced tea, matcha tea)
  5. My child worries about things when they go to bed