

The BEARS sleep screening tool adapted for UASC in reception centres

UASC Pre and Post circadian rhythm reset

Child's name: _____

Category	Adolescent (13-18 years)	Pre-circadian rhythm reset	Post-circadian rhythm reset
1. Bedtime problems	Do you have any problems falling asleep at bedtime? (C)		
2. Excessive daytime sleepiness	Do you feel sleep a lot during the day? During activities you are doing?(C)		
3. Awakenings during the night	Do you wake up a lot at night? Have trouble getting back to sleep? (C)		
4. Regularity and duration of sleep	What time do you usually go to bed each night? How much sleep do you usually get? (C)		
5. Snoring	Do your house mates/ roommates report you snoring? (C)		

(C) Child-directed question

Source: "A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems" by Jodi A. Mindell and Judith A. Owens; Lippincott Williams & Wilkins

