



PAEDIATRIC SLEEP QUESTIONNAIRE

Please answer all questions as they relate to your child, tick **one** box per Question

	YES (1)	NO (0)	Don't Know
While sleeping does your child...			
Snore more than half the time?			
Always snore?			
Snore loudly?			
Have "heavy" or loud breathing?			
Have trouble breathing or struggle to breathe?			
Have you ever...			
Seen your child stop breathing during the night?			
Does your child...			
Tend to breathe through the mouth during the day?			
Have a dry mouth on waking up in the morning?			
Occasionally wet the bed?			
Wake up feeling un-refreshed in the morning?			
Have a problem with sleepiness during the day?			
Has a teacher or other supervisor commented that your child appears sleep during the day?			
Is it hard to wake your child up in the morning?			
Does your child wake up with headaches in the morning?			
Did your child stop growing at a normal rate at any time since birth?			
Is your child overweight?			
This child often...			
Does not seem to listen when spoken to directly			
Has difficulty organising tasks			
Is easily distracted by extraneous stimuli			
Fidgets with hands or feet or squirms in seat			
Is "on the go" or often acts as if "driven by a motor"			
Interrupts or intrudes on others (e.g. butts into conversations or games)			

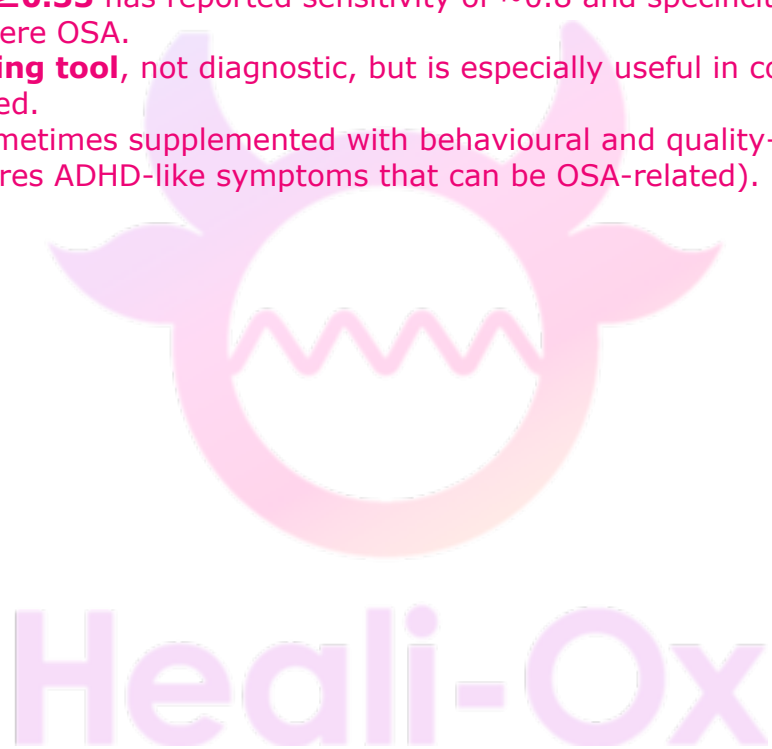
$$\text{Total} = \frac{\text{Number Questions Answered 'Yes'}}{\text{Total Number Questions Answered (Yes+No)}}$$

Interpretation

- **Normal / low risk:** **<0.33** (fewer than one-third of items marked “yes”).
- **Abnormal / high risk:** **≥0.33**
 - This cut-off has been shown to predict **moderate–severe OSA** on polysomnography in validation studies.

Clinical Notes

- A **PSQ score ≥0.33** has reported sensitivity of ~0.8 and specificity of ~0.7 for moderate–severe OSA.
- It is a **screening tool**, not diagnostic, but is especially useful in contexts where PSG access is limited.
- The PSQ is sometimes supplemented with behavioural and quality-of-life measures (since it captures ADHD-like symptoms that can be OSA-related).



Heali-Ox