

Purpose A modified version of the Children's Sleep-Wake Scale, this questionnaire was developed by LeBourgeois and colleagues [1] in order to address the unique needs of an older testing population. The instrument is designed to assess overall sleep quality by measuring the adolescent's responses along five behavioral dimensions: going to bed, falling asleep, maintaining sleep, reinitiating sleep, and returning to wakefulness. A six-point, Likert-type scale asks respondents to indicate how often they have exhibited certain sleep behaviors during the last month (with 1 meaning "always," and 6 meaning "never").

Population for Testing Adolescents between 12 and 18 years of age.

Administration All 28 items are self-reported using a pencil-and-paper instrument. Requires 10–15 min for testing.

Reliability and Validity LeBourgeois et al. [1] found good internal consistency across its samples (Cronbach's α for the instrument's subscales ranged from .60 to .81), while the full scale possessed a reliability of $\alpha = .80$.

Obtaining a Copy A published copy can be found in a study by LeBourgeois and colleagues [1].

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Scoring Calculating mean scores for each subscale allows for individual assessment of the five sleep-behavior domains examined by the questionnaire, while an overall sleep-quality score (the mean of the five subscales) can also be obtained. LeBourgeois and colleagues [1] offer few guidelines for interpreting questionnaire results, and suggest only that higher scores are indicative of better sleep quality. Thus, the instrument may be more valuable when scores can be compared across research participants or over the course of multiple clinical visits.

Reference

1. LeBourgeois, M. K., Giannotti, F., Cortesi, F., Wolfson, A. R., & Harsh, J. (2005). The relationship between reported sleep quality and sleep hygiene in Italian and American adolescents. *Pediatrics*, 115(1), 257–259.

Representative Studies Using Scale

- Palermo, T., Toliver-Sokol, M., Fonareva, I., & Koh, J. (2007). Objective and subjective assessment of sleep in adolescents with chronic pain compared to healthy adolescents. *Clinical Journal of Pain*, 23(9), 812–820.

STOP, THAT and One Hundred Other Sleep Scales

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