

DBAS-C10 questionnaire for children and adolescents

Sentences about some people's beliefs and attitudes about sleep are listed below. Please show me how much you agree or disagree with each sentence. There is no right or wrong answer. For each sentence, circle the number to show what you think.

1. **I must always have at least 9 hours sleep to function well or do well during the day.**

1	2	3	4	5

Strongly disagree	disagree	neutral	agree	strongly agree

2. **When I don't get the sleep I need on a particular night, I must catch up the next day by napping or by sleeping longer the next night.**

1	2	3	4	5

Strongly disagree	disagree	neutral	agree	strongly agree

3. **I am really worried that difficulty falling or staying asleep over a long period of time, might affect my physical appearance.**

1	2	3	4	5

Strongly disagree	disagree	neutral	agree	strongly agree

4. **When I have trouble getting to sleep, I should stay in bed and try harder.**

1	2	3	4	5

Strongly disagree	disagree	neutral	agree	strongly agree

5. **When I have trouble getting to sleep, it makes me worry that I may stop being able to sleep.**

10. When I have lots of thoughts at night, I usually feel that I cannot control all these thoughts that I am having.

1

2

3

4

5

Strongly disagree

disagree

neutral

agree

strongly agree