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. napping			sleep I need on he next night.	a particular	night, I must	catch up the next day b				
1		2	3	4		5				
	Strongly	disagree	disagree	neutral	agree	strongly agree				
	really wo		iculty falling or s	staying asleep	o over a long p	eriod of time, might affect				
Strongly	- disagree	disagree	neutral	agree	strongly agree					
4.	When I h	ave trouble g	etting to sleep, I s	should stay in	bed and try h	arder.				
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.

	Strongly dis	sagree	disagree	neutral	agree	strongly agree
6.	When I don	ı't get the sl	eep I need, I knov	that it will rea	lly affect t	he things that I do th
day.						
1		2	3	4		5
	Strongly dis	sagree	disagree	neutral	agree	strongly agree
7.	When I fee	l annoyed,	sad, or worried d	uring the day,	it is alway	s because I didn't ş
sleep	I needed the ni	ight before.				
1		2	3	4		5
	Strongly dis	sagree	disagree	neutral	agree	strongly agree
	When I dor e week.	n't get the sl	eep I need on one	night, I know	it will dist	urb the way I sleep
		n't get the sl	eep I need on one	e night, I know	it will dist	urb the way I sleep i
		2			agree	
whole	Strongly dis	2 sagree	disagree	4 neutral just seem to do	agree	5
whole	Strongly dis	2 sagree	disagree re no energy, or	4 neutral just seem to do	agree	5 strongly agree

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

1 2 3 4 5

Strongly disagree disagree neutral agree strongly agree