Appendix B. Sleep Health Project Products

This research project developed several products for dissemination. These include data-sets, manuscripts for peer-review, and scoring manuals.

Data-sets

All data-sets are retained by the study investigators. They have been deidentified and will be made available to other researchers on request. There are a total of 3 data-sets, described below.

- Data-set #1: General population survey
  - Data = deidentified, CSV file, with codebook
  - n=1,104 children and 1,477 parents

- Data-set #2: Sleep center survey
  - Data=deidentified, CSV file, with codebook
  - n=128 children and 270 parents

- Data-set #3: Chronic and neurodevelopmental clinical sample survey
  - Data =deidentified, CSV file, with codebook
  - n=481 children and 1,442 parents

Manuscripts for Peer-Review Literature
- Manuscript #1
  - Qualitative Development and Content Validation of the PROMIS Pediatric Sleep Health Items
  - Currently under review

- Manuscript #2

- o Psychometric Evaluation and Clinical Validation of the PROMIS Pediatric Sleep Disturbance and Sleep-Related Impairment Item Banks
  - o Currently under review

- Manuscript #3 (under development)
  - o Development and Validation of the Pediatric Sleep Practices Index

- Manuscript #4 (under development)
  - o Sleep Health in Children with Autism Spectrum Disorders

- Manuscript #5 (under development)
  - o Sleep Health in Children with Chronic and Neurodevelopmental Conditions

Scoring Manuals

In addition to providing scoring instructions with the 2nd manuscript as an on-line appendix, we are developing scoring manuals that will be available on the Healthmeasures.org web site, freely available for download to all users.

8-Item Short Forms

The 8-item Sleep Disturbance and Sleep-related Impairment short forms are provided at the end of the report (child-report and proxy-report).

Item Banks

Child-Report Sleep Disturbance Full Item Bank

Item[a,b]	Adult Sleep Item	Short Form (8)	Short Form (4)
I had difficulty falling asleep.	x	x	x
I slept through the night.		x	x
I had a problem with my sleep.	x	x	x
I had trouble sleeping.	x	x	x
It took me a long time to fall asleep.		x	
I worried about not being able to fall asleep.	x	x	
I woke up at night and had trouble falling back to sleep.	x	x	
I tossed and turned at night.	x	x	
It was easy for me to fall asleep.	x		
I had trouble falling asleep because I felt worried.			
I had trouble stopping my thoughts at bedtime.	x		
I had trouble falling asleep because I could not get comfortable.			
I woke up at night and worried about not going back to sleep.			
I woke up too early and could not fall back asleep.	x		
I slept poorly.			

Notes: [a]Item expressions use a 7-day recall period (In the past 7 days…); [b]Item expressions use the same, frequency-based response categories (1: never, 2: almost never, 3: sometimes, 4: almost always, 5: always).

Proxy-Report Sleep Disturbance Full Item Bank

Item[a,b]	Adult Sleep Item	Short Form (8)	Short Form (4)
My child had difficulty falling asleep.	x	x	x
My child slept through the night.		x	x
My child had a problem with his/her sleep.	x	x	x
My child had trouble sleeping.	x	x	x
It took my child a long time to fall asleep.		x	
My child worried about not being able to fall asleep.	x	x	
My child woke up at night and had trouble falling back to sleep.	x	x	
My child tossed and turned at night.	x	x	
It was easy for my child to fall asleep.	x		
My child had trouble falling asleep because he/she felt worried.			
My child had trouble stopping his/her thoughts at bedtime.	x		
My child had trouble falling asleep because he/she could not get comfortable.			
My child woke up at night and worried about not going back to sleep.			
My child woke up too early and could not fall back asleep.	x		
My child slept poorly.			

Notes: [a]Item expressions use a 7-day recall period (In the past 7 days…); [b]Item expressions use the same, frequency-based response categories (1: never, 2: almost never, 3: sometimes, 4: almost always, 5: always).

Child-Report Sleep-related Impairment Full Item Bank

Item[a,b]	Adult Sleep Item	Short Form (8)	Short Form (4)
I was sleepy during the daytime.	x	x	x
I had a hard time concentrating because I was sleepy.	x	x	x
I had a hard time getting things done because I was sleepy.	x	x	x
I had problems during the day because of poor sleep.	x	x	x
I had trouble staying awake during the day.	x	x	
It was hard to have fun because I was sleepy.		x	
I could not keep my eyes open during the day.		x	
I was in a bad mood because I was sleepy.		x	
I still felt sleepy when I woke up.	x		
I got mad easily because I was sleepy.			
I had trouble controlling my feelings because I was sleepy.			
I had trouble sitting still because I was sleepy.			
My daytime activities were disturbed by poor sleep.	x		

Notes: [a]Item expressions use a 7-day recall period (In the past 7 days…); [b]Item expressions use the same, frequency-based response categories (1: never, 2: almost never, 3: sometimes, 4: almost always, 5: always).

Proxy-Report Sleep-related Impairment Full Item Bank

Item[a,b]	Adult Sleep Item	Short Form (8)	Short Form (4)
My child was sleepy during the daytime.	x	x	x
My child had a hard time concentrating because he/she was sleepy.	x	x	x
My child had a hard time getting things done because he/she was sleepy.	x	x	x
My child had problems during the day because of poor sleep.	x	x	x
My child had trouble staying awake during the day.	x	x	
It was hard for my child to have fun because he/she was sleepy.		x	
My child could not keep his/her eyes open during the day.		x	
My child was in a bad mood because he/she was sleepy.		x	
My child still felt sleepy when he/she woke up.	x		
My child got mad easily because he/she was sleepy.			
My child had trouble controlling his/her feelings because he/she was sleepy.			
My child had trouble sitting still because he/she was sleepy.			
My child's daytime activities were disturbed by poor sleep.	x		

Notes: [a]Item expressions use a 7-day recall period (In the past 7 days…); [b]Item expressions use the same, frequency-based response categories (1: never, 2: almost never, 3: sometimes, 4: almost always, 5: always).