



Practice Support Program

## Sleep Assessment

Sleep is often disturbed in youth with anxiety disorders and sleep problems can be a side effect of medication treatment. Therefore it is a good idea to assess sleep during the assessment and before treating.

A useful method for assessing quality and quantity of sleep in an adolescent is by asking the following simple questions:

- What time do you get in bed?
- Do you have trouble falling asleep?
- How long does it take you to fall asleep?
- Once you fall asleep, do you sleep throughout the night?
- What time do you wake up?
- Do you feel rested when you wake up?
- Do you feel tired during the day?
  
- Do you nap during the day?