European Respiratory Society
Annual Congress 2013

Title: Toddler sleep behaviour questionnaire – Validation and utilisation

Dr. Leanne 12294 Gauld Leanne_Gauld@health.qld.gov.au MD [1,2], Dr. Peter 12295 Newcombe p.newcombe@health.qld.gov.au [1] and Dr. Celeste 12296 Daniels Celeste.Daniels@health.qld.gov.au MD [1].
[1] School of Medicine, University of Queensland, Brisbane, Queensland, Australia, 4074 and [2] Respiratory Medicine, Royal Children's Hospital, Herston, Queensland, Australia, 4006 .

Body: Behavioural sleep disorders are common. An assessment tool is useful for screening and developing management strategies. Aim: To develop a validated Toddler Sleep Behaviour Questionnaire for 1-5 year olds which discriminates normal from behavioural sleep disorders and to describe sleep behaviours in a normal community sample. Questionnaire validation: A questionnaire was developed by a sleep physician. Face and content validity were assessed by feedback from all Australian paediatric sleep physicians (14/17 responded) and suggestions incorporated. 3 samples were recruited: 1. Pilot sample, tested twice (n=23), 2. Paediatric sleep physician diagnosed behavioural sleep disorder (n=21), 3. Community sample (n=419). Internal consistency was assessed by Cronbach α in each group. Modifications were made to achieve α=0.6-0.9. Clinically important items were retained despite lowering α. Test-retest reliability was assessed on the Pilot sample ($r \geq 0.41$, $p \leq 0.05$). Construct validity was confirmed by expected correlations between related items, and discriminate validity was assessed by group differences between Pilot and Clinical samples (<0.05). Sleep Hygiene (α=0.8) and Bedtime Resistance (α=0.9) Scales have been developed. Normal Sleep Behaviours: A behavioural sleep disorder is present in 35.8% of the Community sample. Mean total sleep duration decreased with age (p<0.001). Favourable sleep hygiene was associated with less bedtime resistance (p=0.004) and fewer night awakenings (p=0.001). Racial differences exist. Conclusions: The Toddler Sleep Behaviour Questionnaire is a structured assessment tool with sound psychometric qualities. Detailed normal sleep behaviours, environment and timing, may be useful to health professionals.