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 alv	ways have at l	east 9 hours sleep	o 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							
	really wo		ïculty falling or s	staying asleep	o over a long p	eriod of time, might affec							
1		2	3	4		5							
Strongly	disagree	disagree	neutral	agree	strongly agree								
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.

	Strongly dis	sagree	disagree	neutral	agree	strongly agree
6.	When I dor	ı't get the sl	eep I need, I know	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 g
sleep	I needed the n	ight before.				
1		2	3	4		5
	Strongly dis	sagree	disagree	neutral	agree	strongly agree
				night I know	it will dist	urb the way I sleep
	When I done week.	n't get the sl	leep I need on one	ingni, i know		
		n't get the sl	leep I need on one	нідіі., 1 кно w		5
		2			agree	5 strongly agree
whole 1	Strongly dis	2 sagree	disagree	aneutral	agree	
whole	Strongly dis	2 sagree	disagree ve no energy, or j	aneutral	agree	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