



Sheffield Children and Young People Sleeping Well Research Project

Study ID: _____

 Completed by: Parent/Carer

 Baseline Evaluation

 Intermediate Evaluation

 Follow-up Evaluation

Impact on Wellbeing and Quality of Life Adult Participant

In this project, the term 'your child' refers to the child in your care for which you have a concern about their sleep.

Parent / Carer 1:

1.1	The number of days missed from work in the past two weeks due to the sleep difficulties	
1.2	Have you visited a Healthcare Professional in the past two weeks (e.g. Health Visitors / GP / A&E)	Yes <input type="checkbox"/> No <input type="checkbox"/>
1.3	If yes, which healthcare professionals and how many visits in the past two weeks
1.4	Have you had any periods of ill health in the past two weeks? Please explain:	
1.5	Are you currently using any medications: Name/type and level of medication	
1.6	Have you made any changes to your work patterns (e.g. different shifts / reduced hours / change of job) because of the sleep difficulties in the past two weeks?	
1.7	Have you contacted any non-health care professionals in the past two weeks (e.g. Teacher, MAST workers, support workers, Supervising Social Workers) about any issues related to your child's sleep difficulty	Yes <input type="checkbox"/> No <input type="checkbox"/>
1.8	If yes, which non-healthcare professional and the number of contacts in the past two weeks



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**On a Scale of 1-5: 1 being 'None of the Time' and 5 being 'All of the Time'
 Over the past two weeks how do you feel your child's sleep disturbance has impacted
 on your quality of life?**

	Statement	None of the time	Rarely	Some of the time	Often	All of the time
1.9	It makes me feel isolated	1	2	3	4	5
1.10	It makes me feel stressed	1	2	3	4	5
1.11	It is impacting on my relationship with my child (with the sleep disturbance)	1	2	3	4	5
1.12	It is impacting on my relationship with other family members	1	2	3	4	5
1.13	It is impacting on my relationship with my spouse/partner	1	2	3	4	5
1.14	It is impacting on my ability to drive, or drive safely with due care and attention	1	2	3	4	5
1.15	It is impacting on the number of general trips, bumps and accidents (not driving)	1	2	3	4	5