

**NINDS CDE Notice of Copyright
Adolescent Sleep Wake Scale (ASWS)**

Availability:	<p>This instrument is not currently available on the NINDS website. For more information, please contact:</p> <p>Dr. Monique L. LeBourgeois, Sleep and Development Laboratory, Department of Integrative Physiology, University of Colorado Boulder, Boulder, CO 80309, USA E-Mail: monique.lebourgeois@colorado.edu</p>
Classification:	<p>Supplemental: Spinal Cord Injury (SCI)-Pediatric (ages 12 to 18 years old)</p>
Short Description of Instrument:	<p>This is a modified version of the Children’s Sleep-Wake Scale, designed to test overall sleep quality among five behavioral dimensions:</p> <ul style="list-style-type: none">Going to bedFalling asleepMaintaining sleepReinitiating sleepReturning to wakefulness <p>The ASWS is associated with the Adolescent Sleep Hygiene Scale (ASHS) which measures sleep inhibiting and facilitating practices.</p>
Scoring:	<p>6-point, Likert-type scale</p> <p>28 questions, all are self administered and reported using pencil and paper. 10–15 minutes required for testing.</p>

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References:	<p>Key Reference:</p> <p>LeBourgeois, M. K., Giannotti, F., Cortesi, F., Wolfson, A. R., & Harsh, J. (2005). The relationship between reported sleep quality and sleep hygiene in Italian and American adolescents. <i>Pediatrics</i>, 115(1 Suppl), 257–265.</p> <p>Other References:</p> <p>LeBourgeois, M., Hancock, M., & Harsh, J. (2001). Validation of the Children's Sleep-Wake Scale (CSWS) [abstract]. <i>Sleep</i>, 24, A219. Retrieved from http://www.journalsleep.org/PDF/Abstract.pdf</p> <p>LeBourgeois, M., & Harsh, J. (2001). A new research instrument for measuring children's sleep [abstract]. <i>Sleep</i>, 24, A213. Retrieved from http://www.journalsleep.org/PDF/Abstract.pdf.</p> <p>Meltzer, L. J., Brimeyer, C., Russell, K., Avis, K. T., Biggs, S., Reynolds, A. C., & Crabtree, V. M. (2014). The Children's Report of Sleep Patterns: validity and reliability of the Sleep Hygiene Index and Sleep Disturbance Scale in adolescents. <i>Sleep Med</i>, 15(12), 1500–1507.</p> <p>Sufrinko, A. M., Valrie, C. R., Lanzo, L., Bond, K. E., Trout, K. L., Ladd, R. E., & Everhart, D. E. (2015). Empirical validation of a short version of the Adolescent Sleep-Wake Scale using a sample of ethnically diverse adolescents from an economically disadvantage community. <i>Sleep Med</i>, 16(10), 1204–1206.</p>