**APPENDIX**

**Questionnaire completion, Measurement of anthropometric markers and Clinical Examination:**

The 8 Sleep domains of the Children’s Sleep Habit Questionnaire include 1). Bedtime Resistance, 2) Sleep Onset Delay, 3) Sleep Duration, 4) Sleep Anxiety, 5) Night Wakings, 6) Parasomnias, 7) Sleep Disordered Breathing, 8) Daytime Sleepiness.

**The 8 domains:**

1. *Bedtime Resistance:* Refers to the refusal of a child going to bed via different behaviors all leading to a shorter sleep duration.
2. *Sleep Onset Delay:* meaning that the child didn’t fall asleep within 20 minutes of supposed bed time.
3. *Sleep Duration:* Refers to what a parent and/or guardian assume is an adequate length of time that a child gets in means of sleep and whether it’s consistent every evening.
4. *Sleep Anxiety:* the amount of negative or fearful thoughts prior to bedtime, at home or away from home, ultimately detrimental to restful sleep.
5. *Night Wakings:* the measure of how often a child awakened through the night, whether the child moved to a sibling(s) or parents bed, how disturbing it is to the childs sleep quality.
6. *Parasomnias:* Sleep related undesirable unconscious nocturnal behaviors including and not limited to sleep talking, enuresis and sleep bruxism.
7. *Sleep Disordered Breathing:* related to all variables leading to SDB be it snoring, temporary cessation of breathing, snorting as well as gasping. SDB is a lay term to Obstructive Sleep Apnea which ultimately is an abnormal breathing pattern.
8. *Day time sleepiness:* pertains to how the parent and or guardian views the childs sleepiness due to being tired during the day.