

**Iowa Sleep Disorders Center**  
**Pediatric Daytime Sleepiness Scale (PDSS)**

**Scoring:**

**4** = Very often, Always

**3** = Often, Frequently

**2** = Sometimes

**1** = Seldom

**0** = Never

Please answer the following questions as honestly as you can by circling one answer.

**1. How often so you fall asleep or get drowsy during class periods?**

Always Frequently Sometimes Seldom Never

**2. How often do you get sleepy or drowsy while doing your homework?**

Always Frequently Sometimes Seldom Never

**3.\* Are you usually alert most of the day?**

Always Frequently Sometimes Seldom Never

**4. How often are you ever tired and grumpy during the day?**

Always Frequently Sometimes Seldom Never

**5. How often do you have trouble getting out of bed in the morning?**

Always Frequently Sometimes Seldom Never

**6. How often do you fall back to sleep after being awakened in the morning?**

Always Frequently Sometimes Seldom Never

**7. How often do you need someone to awaken you in the morning?**

Always Frequently Sometimes Seldom Never

**8. How often do you think that you need more sleep?**

Very Often Often Sometimes Seldom Never

\* Reverse score this item

**Abnormal Values: 6<sup>th</sup> and 7<sup>th</sup> Grade > 26, 8<sup>th</sup> Grade >30**