BISQ-R scoring instructions

To submit your data for scoring you will complete and email <u>two files</u>: 1) BISQ-R demographic data in csv or excel format, and 2) BISQ-R data file in CSV format.

1) BISQ-R demographic file
To complete the BISQ-R demographic file, simply use the coding provided in row 3 and the country codes provided on the second tab to complete the data sheet. Missing data in this file only should be noted as "#N/A." Participant ID and age should exactly match those given in the data file.

2) BISQ-R data file
Please complete the BISQ-R data file (CSV) using the valid scoring entries guide provided below in conjunction with the sample file provided.

Note the following:
1) Age, start routine time, and bedtime allow for numbers with decimals. All other entries should be rounded to the nearest positive whole number.

2) All entries must be within the pre-defined parameters included in the "valid entry" column.

3) Begin data entry in Row 2 (just below the variable name row), and only enter values in columns with a variable name in the first row (i.e., A through V if viewing on Excel).

4) Only include participants with full data. Files with missing or out of range data cannot be scored. Any files with missing or incorrect data will be sent back for editing.

5) Regardless of application that you use for input and editing, save your file as a CSV, using a file name with your or the PI's last name and date of submission.

When you have completed both files, email them to <u>study@babysleep.com.</u>

BISQ-R data file detailed coding support:

Questions, how questions appear on the BISQR or BISQR short form	Coding, how data should be entered including categorical variable coding	Variable names (exact names included on the first row of the CSV template; do not alter)	Valid entry; ranges are inclusive
*UNIQUE CHILD ID - DO NOT INCLUDE IDENTIFIABLE INFORMATION	n/a	id	**Must be unique**

How old is your child (in months)?	Number in months 1 (newborn) to 36 months = 1 to 36, rounded to nearest 0.5	**AGE_MO**	**Between 1-36, in intervals of 0.5**
How many times does your child usually wake during the night?	ENTER number of night wakings [0-5], rounded to the nearest whole number	**IS1_NWF**	**0-5**
How long does it usually take your child to fall asleep? Example: If you put your child to bed at 6:30 PM and your child falls asleep at 8:00 PM, it takes 1 hour and 30 minutes for your child to fall asleep.	Convert to total number of minutes [0-150], rounded to the nearest whole number	**IS2_SOL**	**0-150**
What is the longest stretch of time that your child is asleep during the NIGHT without waking up?	Convert to TOTAL NUMBER OF MINUTES [30-840], rounded to the nearest whole number	**IS3_LSA**	**30-840**
How much total time does your child spend sleeping during the NIGHT (between when your child goes to bed and wakes for the day)?	Convert to TOTAL NUMBER OF MINUTES [300-840], rounded to the nearest whole number	**IS4_TNTS**	**300-840**
How much total time during the NIGHT is your child usually awake (between when your child goes to	Convert to TOTAL NUMBER OF MINUTES [0-240], rounded to the nearest whole number	**IS5_NWD**	**0-240**

bed and wakes for the day)?			
Do you consider your child's sleep a problem?	o Not a problem at all (1) o A very small problem (2) o A small problem (3) o A moderate problem (4) o A serious problem (5)	**PP1_PROBLEM**	**1-5**
How well does your child usually sleep at night?	o Very well (1) o Well (2) o Fairly well (3) o Poorly (4) o Very poorly (5)	**PP2_WELL**	**1-5**
Typically, how difficult is bedtime?	o Very easy (1) o Somewhat easy (2) o Neither easy nor difficult (3) o Somewhat difficult (4) o Very difficult (5)	**PP3_DIFFICULTY**	**1-5**
In a typical week, how often does your child have the exact same bedtime routine?	0 . . . 7 nights = 0 . . . 7,rounded to the nearest whole number	**PB1_SAME_RTN**	**0-7**

What time do you usually put your child to bed at night (lights out)? CLOCK HOUR	Convert hours as necessary to a 24-hour clock time (i.e., 5:00 p.m. = 17; 7:00 p.m. = 19, etc.). Round to the nearest 15 minute (.25) interval. This value must be greater than or equal to PB3_RTN_START (i.e., the bedtime is at the same time or later in the evening than the start of start of the bedtime routine) 5 p.m.=17 ... 11:00 p.m. = 23 12:00 a.m. (midnight) = 24 1:00 a.m. = 25 2:00 a.m. = 26 3:00 a.m. = 27	**PB2_BEDTIME**	**17-27** **in intervals of 0.25** **(.00, .25, .50, .75)** **PB2 ≥ PB3** **Must be greater than or equal to PB3_RTN_START (i.e., the bedtime is at the same time or later in the evening than the start of start of the bedtime routine)**

What time do you usually start your child's bedtime routine (start getting your child ready for bed)? CLOCK HOUR	1) Split time entry to include ONLY CLOCK HOUR in this column 2) Convert hours as necessary to a 24-hour clock time (i.e., 5:00 p.m. = 17; 7:00 p.m. = 19, etc.); [17-24]; [1-3] This value must be less than or equal to PB2_BEDTIME (i.e., the start of the bedtime routine is at the same time or earlier in the evening than the bedtime). 5 p.m.=17 ... 11:00 p.m. = 23 12:00 a.m. (midnight) = 24 1:00 a.m. = 25 2:00 a.m. = 26 3:00 a.m. = 27	**PB3_RTN_START**	**17-27 in intervals of 0.25 (.00, .25, .50, .75) PB2 ≥ PB3 Must be less than or equal to PB2_BEDTIME (i.e., the start of the bedtime routine is at the same time or earlier in the evening than the bedtime)**
Where does your child usually fall asleep at bedtime?	o Crib (1) o Own bed (any size) (2) o Parents' bed (3) o Co-sleeper (attached to parents' bed) (4) o Bassinet/infant seat (5) o Swing/stroller (6) o Parent's/adult's arms (7) o Other (8)	**PB4_FA_surface**	**1-8**

In what room does your child sleep for most of the night?	o In his/her own room (1) o In sibling's or other bedroom (2) o In parents' room (3) o In another room of the house (4)	**PB5_FA_room**	**1-4**
At bedtime, does your child usually fall asleep while breastfeeding, bottle feeding, or drinking from a sippy cup?	1 = yes; 0 = no	**PB6_FA_feed**	**0-1**
How does your child usually fall asleep at bedtime?	o While being held or rocked (1) o With an adult in the room, but not being held or rocked (2) o On own (without an adult in the room) (3)	**PB7_FA_how**	**1-3**
Where does your child sleep for most of the night?	o Crib (1) o Own bed (any size) (2) o Parents' bed (3) o Co-sleeper (attached to parents' bed) (4) o Bassinet/infant seat (5) o Swing/stroller (6) o Other (7)	**PB8_OVERNIGHT_surface**	**1-7**
When your child wakes up during the night, what do you usually do? Check "yes' or "no" for each item. - Pick up my child and put him/her back down while still awake	1 = yes, 0 = no	**PB9_NW_pupd**	**0-1**

When your child wakes up during the night, what do you usually do? Check "yes' or "no" for each item. - Play with my child, watch TV, or use/show smartphone/tablet	1 = yes, 0 = no	**PB10_NW_play**	**0-1**
When your child wakes up during the night, what do you usually do? Check "yes' or "no" for each item. - Bottle feed or give a sippy cup to put my child back to sleep	1 = yes, 0 = no	**PB11_NW_bottle**	**0-1**
When your child wakes up during the night, what do you usually do? Check "yes' or "no" for each item. - Breastfeed/nurse my child back to sleep	1 = yes, 0 = no	**PB11_NW_nurse**	**0-1**