

**Supplement – Semi-structured interview questions**

If not stated, a three months period was used. Interviewers instructed to follow-up with questions in order to code precise and relevant answers. *Italics* represent questions as stated in manuals, while roman text represent instructions or information to the interviewers.

**Preschool Age Psychiatric Assessment (PAPA)**

Relevant questions used at T1 and T2 (age 4 and 6 years) in interviews with parent only to provide information to evaluate insomnia symptoms.

**Time to Sleep Initiation**

From the time parent says goodnight, after any rituals are completed, the average time it takes the child to fall asleep.

*How long does it take him/her to fall asleep?*

**Medication for Insomnia**

Note here any medication (prescription or over the counter) specifically used in an attempt to improve sleep pattern.

*Does s/he take anything to help him/her sleep? What? Does it work?*

**Night Waking**

Child wakes up from sleep during the night after child has been asleep for over ten minutes.

*Does s/he wake up during the night?*

*How many times PER NIGHT does s/he wake up?*

*In the last 3 months, how often has this happened?*

*On average, how long would you say s/he is awake per night?*

Remember to consider if child wakes up multiple times per night.

*When did this start?*

**Inadequately Rested by Sleep**

Subject describes being inadequately rested by sleep upon waking.

*Does s/he usually get a good night's sleep?*

*Does s/he seem inadequately rested when s/he gets up?*

*How does s/he feel?*

*When did that start?*

**The child and adolescent psychiatric assessment (CAPA)**

Relevant questions used at T3 (age 8) in interviews with parent and child separately to provide information to evaluate insomnia symptoms. Wording here is from the child interview, similar questions were asked the parent.

**Insomnia**

Disturbance of usual sleep pattern involving a reduction in actual sleep time during the subject's sleep period that is accompanied by a subjective feeling of a need for more sleep. Do NOT include externally imposed changes in overall sleep pattern (e.g., change in job hours, arrival of new baby), or insomnia during first 2 weeks following such changes. Sleep problems are scored irrespective of taking medication for them, but note whether medication is being taken. Also include changes attributed to side effects of medication or substance use.

**Sleep Initiation and Night Waking**

*Is it hard for you to fall asleep when you want to?*

*Once you're off to sleep, do you wake up again during the night?*

If yes to any question, continue:

*What time do you usually go to bed?*

*How long does it take you to fall asleep?*

*In the last 3 months, has it taken you an hour or more to get to sleep?*

*Why do you wake up?*

Exclude waking up to use bathroom.

*How many nights do you have trouble sleeping in the last 3 months?*

*When did you first start having sleep problems?*

**Medication for Insomnia**

Note here any medication (prescription or over the counter) specifically used in an attempt to improve sleep pattern.

*Do you take anything to help you sleep? What? Does it work?*

**Inadequately Rested by Sleep**

Subject describes being inadequately rested by sleep upon waking.

*Do you usually get a good night's sleep?*

*Do you feel like you are NOT well rested when you get up?*

*How do you feel?*

*When did that start?*

**SLEEP INTERVIEW as a supplement to the Sleep section in CAPA**

Used at T4-T6 (ages 10, 12 and 14 years) in interviews with parent and child separately. Wording here is from the child interview, similar questions were asked the parent. In addition to the following questions, we used the question regarding sleep medication from CAPA to determine insomnia. The sleep interview contains questions that cover symptoms of DSM-IV and DSM-5 insomnia, allowing investigations of DSM-5 insomnia prevalence and stability from age 10 and onwards in addition to the study of DSM-IV insomnia from age 4 to 14 years.

**Insomnia**

Experiences difficulties with 1) sleep initiation, 2) night awakenings or 3) feelings of inadequately rested by sleep (DSM-IV) or problems with early morning awakenings (DSM-5).

**Sleep Initiation**

*Is it hard for you to fall asleep?*

*How long does it take you to fall asleep?*

*Is it hard for you to fall asleep every night? How often?*

*If you are not able to sleep, what do you normally do? Does it happen that your parent co-sleeps with you? Are there other things your parents do to help you to sleep?*

**Night Waking**

*Once you're off to sleep, do you wake up again during the night?*

*Does it happen every night? How often?*

*If you wake up during the night, how long time does it usually take before you are able to return to sleep?*

*If you wake up during the night, does your parents do anything to help you go to sleep again? What do they do?*

**Inadequately Rested by Sleep**

*Does it happen that you feel like you are not well rested when you wake up, even if you have slept long enough? How often?*

**Early morning awakenings**

*Do you wake up early in the morning and can't go back to sleep?*

*Is it earlier than you are supposed to get up?*

*Do you feel like you need more sleep? How often?*

**Impairment in important areas of functioning**

We used the comprehensive interview on impairment in important areas of functioning which is included in both PAPA and CAPA.

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Note. All these questions covering insomnia were part of a larger interview covering sleep in general.