

Sleep Quality Assessment (PSQI)

Name: _____

Date: _____

Instructions: The following questions relate to your sleep habits **during the past month only**. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all questions.

During the past month,

1. What time do you usually go to bed? _____
2. How long (in minutes) does it take you to fall asleep? _____
3. What time do you usually get up in the morning? _____
4. How many hours of actual sleep do you get a night? _____
 - a. How many hours were you in bed? _____

5. During the past month, how often have you had trouble sleeping because you ...	Not during the past month (0)	Less than once a week (1)	Once or twice a week (2)	Three or more times a week (3)
A. Can't go to sleep within 30 minutes.				
B. Wake up in the middle of the night or early morning.				
C. Have to get up to use the bathroom.				
D. Cannot breathe correctly.				
E. Cough or snore loudly.				
F. Feel too cold.				
G. Feel too hot.				
H. Have bad dreams.				
I. Have pain/				
J. Other reason(s), please describe, including how often you have had trouble sleeping because of this reason(s):				
6. During the past month, how often have you taken medicine (prescribed or 'over the counter') to help you sleep?				
7. During the past month, how often have you had trouble staying awake while driving, eating, or engaging in social activity?				
8. During the past month, how much of a problem has it been for you to keep up enthusiasm to get things done?				
9. During the past month, how would you rate your sleep quality overall?	Very good (0)	Fairly good (1)	Fairly bad (2)	Very bad (0)

Scoring
(For Clinical Use)

Component 1	#9 Score	C1 _____
Component 2	#2 Score (<15 min (0), 16-30 min (1), 31-60 min (2), >60 min(3))	C2 _____
Component 3	#4 Score (>7 (0), 6-7 (1), 5-6 (2), <5 (3))	C3 _____
Component 4	(total # of hours asleep) / (total # of hours in bed) x 100	C4 _____
Component 5	# sum of scores 5b to 5j (0=0; 1-9=1; 10-18=2; 19-27=3)	C5 _____
Component 6	#6 Score	C6 _____
Component 7	#7 Score + #8 Score (0=0; 1-2=1; 3-4=2; 5-6=3)	C7 _____

Add the seven component scores together _____

Global PSQI _____