The following questions relate to your usual 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.

1. During the past month, when have you usually gone to bed at night?

2. During the past month, how long (in minutes) has it usually taken you to fall asleep each night?

3. During the past month, when have you usually gotten up in the morning?

4. During the past month, how many hours of actual sleep did you get at night? (This may be different than the number of hours you spend in bed.)

For each of the remaining questions, check the one best response. Please answer all questions.

5. During the past month, how often have you had trouble sleeping because you...

   a. cannot get 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 comfortably
   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

   How often during the past month have you had trouble sleeping because of this?

* Scores for each question in a column are in brackets, i.e. if you would answer ‘Less than once a week’ for question 5a, your score for that question would be ‘1’
6  During the past month, how would you rate your sleep quality overall?  

- Very good (0)*
- Fairly good (1)*
- Fairly bad (2)*
- Very bad (3)*

7  During the past month, how often have you taken medicine (prescribed or “over the counter”) to help you sleep?  

- 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)*

8  During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?  

- No problem at all (0)*
- Only a very slight problem (1)*
- Somewhat of a problem (2)*
- A very big problem (3)*

9  During the past month, how much of a problem has it been for you to keep up enthusiasm to get things done?  

- No problem at all (0)*
- Only a very slight problem (1)*
- Somewhat of a problem (2)*
- A very big problem (3)*

10 Do you have a bed partner or room mate?  

- No bed partner or room mate**
- Partner/room mate in other room**
- Partner in same room, but not same bed**
- Partner in same bed**

If you have a room mate or partner, ask him/her how often in the past month you have had...

a. loud snoring  

- Not during the past month**
- Less than once a week**
- Once or twice a week**
- Three or more times a week**

b. long pauses between breaths while asleep  

c. legs twitching or jerking while asleep  

d. episodes of disorientation or confusion during sleep  

e. other restlessness while you sleep; please describe  

* Scores for each question in a column are in brackets, i.e. if you would answer ‘Fairly bad’ for question 6, your score for that question would be ‘2’

** Question 10 is not scored (but still needs to be answered)
Scoring Instructions
The Pittsburgh Sleep Quality Index (PSQI) contains 19 self-rated questions and 5 questions rated by the bed partner or roommate (if one is available). Only self-rated questions are included in the scoring. The 19 self-rated items are combined to form seven “component” scores, each of which has a range of 0-3 points. In all cases, a score of “0” indicates no difficulty, while a score of “3” indicates severe difficulty. The seven component scores are then added to yield one “global” score, with a range of 0-21 points, “0” indicating no difficulty and “21” indicating severe difficulties in all areas.

Component 1: Subjective sleep quality
Question #6 Score: ________

Component 2: Sleep latency
Step 1: Examine question #2 and assign scores as follows:

<table>
<thead>
<tr>
<th>Response</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤ 15 minutes</td>
<td>0</td>
</tr>
<tr>
<td>16-30 minutes</td>
<td>1</td>
</tr>
<tr>
<td>31-60 minutes</td>
<td>2</td>
</tr>
<tr>
<td>&gt; 60 minutes</td>
<td>3</td>
</tr>
</tbody>
</table>

Question #2 Score: ________

Step 2: Question #5a Score: ________

Step 3: Add #2 score and #5a score: ________

Step 4: Assign component 2 score as follows:

<table>
<thead>
<tr>
<th>Sum of #2 and #5a</th>
<th>Component 2 Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

Component 2 score: ________

Component 3: Sleep duration
Examine Question #4 and assign scores as follows:

<table>
<thead>
<tr>
<th>Response</th>
<th>Component 3 Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; 7 hours</td>
<td>0</td>
</tr>
<tr>
<td>6-7 hours</td>
<td>1</td>
</tr>
<tr>
<td>5-6 hours</td>
<td>2</td>
</tr>
<tr>
<td>&lt; 5 hours</td>
<td>3</td>
</tr>
</tbody>
</table>

Component 3 score: ________

Component 4: Habitual sleep efficiency
Step 1: Answer to question #4: ________

Step 2: Calculate the number of hours spent in bed (subtract #1 from #3)

Getting up time (Question #3) ________

Bedtime (Question #1) ________ =

Number of hours spent in bed ________

Step 3: Calculate Habitual Sleep Efficiency (HSE)
(Number of hours slept/ (divided by) Number of hours spent in bed) X (multiplied by) 100 = HSE (%)

Step 4: Assign scores as follows:

<table>
<thead>
<tr>
<th>HSE %:</th>
<th>Component 4 Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; 85%</td>
<td>0</td>
</tr>
<tr>
<td>75-84%</td>
<td>1</td>
</tr>
<tr>
<td>65-74%</td>
<td>2</td>
</tr>
<tr>
<td>&lt; 65%</td>
<td>3</td>
</tr>
</tbody>
</table>

Component 4 score: ________
Component 5: Sleep disturbances

Step 1: Examine question #5b to #5j and write down scores:

#5b  #5e  #5h
#5c  #5f  #5i
#5d  #5g  #5j

Step 2: Add the scores for questions #5b to #5j:

Sum of #5b to #5j: __________

Step 3: Assign component 5 score as follows:

<table>
<thead>
<tr>
<th>Sum of #5b to #5j</th>
<th>Component 5 score</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1-9</td>
<td>1</td>
</tr>
<tr>
<td>10-18</td>
<td>2</td>
</tr>
<tr>
<td>19-27</td>
<td>3</td>
</tr>
</tbody>
</table>

Component 6: Use of sleeping medication

Question #7 Score: __________

Component 7: Daytime dysfunction

Step 1: Add Question #8 en Question #9 scores:

Question #8 __________

Question #9 __________ +

Sum of #8 and #9 __________

Step 2: Assign component 7 score as follows:

<table>
<thead>
<tr>
<th>Sum of #8 and #9</th>
<th>Component 7 score</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1-2</td>
<td>1</td>
</tr>
<tr>
<td>3-4</td>
<td>2</td>
</tr>
<tr>
<td>5-6</td>
<td>3</td>
</tr>
</tbody>
</table>

Component 7 score: __________

Global PSQI score

Add the seven component scores: __________

Global PSQI score: __________