

shortPSQI

Name

—ID #

—

Date

—Age

—

Instructions. 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?

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

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- (3) During the past month, when have you usually gotten up in the morning?

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

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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

Not during the past month —

Less than once a week —

Once or twice a week —

Three or more times a week —

- (b) Wake up in the middle of the night or early morning

Not during the past month —

Less than once a week —

Once or twice a week —

Three or more times a week —

(2)

- (a) Cannot breathe comfortably

Not during the past month

—Less than once a week

— Once or twice a week —

Three or more times a week —

- (b) Cough or snore loudly

Not during the past month

—Less than once a week

— Once or twice a week —

Three or more times a week —

- (c) Feel too hot

Not during the past month

—Less than once a week

— Once or twice a week —

Three or more times a week

- (f) Have bad dreams

Not during the past month

—Less than once a week

— Once or twice a week —

Three or more times a week —

- (g) Have pain

Not during the past month

—Less than once a week

— Once or twice a week —

Three or more times a week —

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

Not during the past month

—Less than once a week

— Once or twice a week —

Three or more times a week —

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

Not during the past month —

Less than once a week —

Once or twice a week —

Three or more times a week —

Scoring

Component 1: sleep latency

C1 —

(#2) Score (<15 (0), 16–30 min (1), 31–60 min (2), >60 min (3)) + (#5a) Score (if sum is equal 0 = 0; 1-2 = 1; 3-4 = 2; 5-6 = 3)

Component 2: sleep duration

C2 —

(#4) Score (>7 (0), 6-7 (1), 5-6 (2), <5 (3))

Component 3: sleep efficiency

C3 —

(total # of hours asleep)/(total # of hours in bed)
× 100; >85% = 0, 75–84% = 1, 65–74% = 2,
<65%
= 3

Component 4: sleep disturbances

C4 —

Examine questions (5b) to (5g) and assign scores for each question as follows

Response: Score

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

sum of scores (5b) to (5g) (0 = 0, $\geq 1 \leq 6 = 1$;
>6
 $\leq 12 = 2$; >12 = 3)

Component 5: daytime dysfunction

C5 —

(#6) + (#7) Score (0 = 0; 1-2 = 1; 3-4 = 2; 5-6 = 3)

Add the five component scores together...

A total score of greater than “4” is indicative of poor sleep quality

