

## Brief Version of the Pittsburgh Sleep Quality Index

1. When have you usually gone to bed at night? \_\_\_\_\_
2. When have you usually gotten up in the morning? \_\_\_\_\_
3. How long has it usually taken you to fall asleep each night? \_\_\_\_\_
4. How many hours of actual sleep did you get at night? \_\_\_\_\_
5. Have you had trouble sleeping because you 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
6. How would you rate your sleep quality overall?
  - Very good
  - Fairly good
  - Fairly bad
  - Very bad