

Brief Version of the Pittsburgh Sleep Quality Index

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, when have you usually gotten up in the morning? _____
3. During the past month, how long (in minutes) has it usually taken you to fall asleep each night? _____
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.) _____
5. During the past month, how often 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. During the past month, how would you rate your sleep quality overall?
 - Very good
 - Fairly good
 - Fairly bad
 - Very bad