PITTSBURGH SLEEP QUALITY INDEX (PSQI)

INSTRUCTIONS: The following questions relate to your usual sleep habits during the past month only.

*Y*our 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?

USUAL BED TIME

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

NUMBER OF MINUTES

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

USUAL GETTING UP TIME.

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.) HOURS OF SLEEP PER NIGHT.

INSTRUCTIONS: 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...

Not during the past month

Less than once a week

Once or twice a week

Three or more times a week

(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) ...had bad dreams (i) ...have pain () Other reason(s), please describe

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

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*V*ery good

Fairly good

Fairly bad

very bad

6. During the past month, how would you

rate your sleep quality overall?

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 often have

you taken medicine (prescribed or

"over the counter") to help you sleep? 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

Only a very slight problem

somewhat of a problem

A *v*ery big problem

9. During the past month, how much of a

problem has it been for you to keep up enough enthusiasm to get things done?

No bed partner or roommate

Partner*/* roommate in other room

Partner in same room, but not

same bed

Partner in same bed

10. During the past month, how much of a

problem has it been for you to keep up enough enthusiasm to get things done?

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

Less than once a week

Once or twice a week

Three or more times a week

Not during the

past month

(a) ...loud snoring

o (b) ...long pauses between breaths while asleep *(*c) ...legs twitching or jerking while you sleep (d) ...episodes of disorientation or confusion

during sleep (e) Other restlessness while you sleep;

please describe

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SCORING INSTRUCTIONS FOR THE PITTSBURGH SLEEP QUALITY INDEX: 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, "O" indicating no difficulty and "21 " indicating severe difficulties in all areas. Scoring proceeds as follows:

Component 1: Subjective sleep quality Examine question #6, and assign scores as follows:

**Component 1**

**score**

**Response** "Very good" "Fairly good" "Fairly bad" "*Ve*ry bad"

***Component 1 score:***

Component 2: Sle**ep latency** 1. Examine question #2, and assign scores as follows:

**Respo\nse**

**Score** 515 minutes 16-30 minutes 31-60 minutes > 60 minutes *Question #2 score:*

WN -

2. Examine question #5a, and assign scores as follows:

**Score**

**Response** Not during the past month Less than once a week Once or twice a week Three or more times a week *Question #5a score:*

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3. Add #2 score and #5a score

*Sum of #2 and #5a:*

4. Assign component 2 score as follows:

Sum of #2 and #5a Component 2 score

1-2

3-4 5-6

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***Component 2 score:***

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

**Component 3**

**score**

**Response** > 7 hours 6-7 hours 5-6 hours < 5 hours

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***Component 3 score:***

Component 4: Habitual sleep efficiency 1. Write the number of hours slept (question #4) here:\_ 2. Calculate the number of hours spent in bed:

Getting up time (question #3): Bedtime (question #1): –

*Number of hours spent in bed:*

3. Calculate habitual sleep efficiency as follows:

(Number of hours slept/Number of hours spent in bed) X 100 = Habitual sleep efficiency (%)

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-) X 100 = %

4. Assign component 4 score as follows:

**Component 4**

**score**

Habitual sleep efficiency % > 85% 75-84% 65-74% < 65%

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***Component 4 score:***

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Component 5: Step disturb**ances** 1. Examine questions #5b-5j, and assign scores for each question as follows:

**Response**

Score Not during the past month Less than once a week **1** Once or twice a week Three or more times a week 3 *5b score: 50 score: 5d score: 5e score: 5f score: 5g score: 5h score: 5i score: 5j score:*

2. Add the scores for questions #5b-5j:

*Sum of #56-5j:*

3. Assign component 5 score as follows:

Sum of #5b-5j

Component 5 score

**0**

**1-9** 10-18-4 19-27

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***Component 5 score:***

Component 6: Use of sleeping medication Examine question #7 and assign scores as follows:

**Component 6 Response**

**score** Not during the past month 0 Less than once a week Once or twice a week Three or more times a week

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***Component 6 score:***

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Component 7: Daytime dysfunction 1. Examine question #8, and assign scores as follows:

**Response**

Score Never Once or twice Once or twice each week Three or more times each week *Question#8 score:*

2. Examine question #9, and assign scores as follows:

**Response**

**Score** No problem at all Only a very slight problem Somewhat of a problem A very big problem

*Question #9 score:*

3. Add the scores for question #8 and #9:

*Sum of #8 and #9:*

4. Assign component 7 score as follows:

**Sum of #8 and #9**

Component 7 score

1-2

W NO

3-4 5-6

***Component 7 score:***

Global PSQI Score Add the seven component scores together:

*Global PSOI Score:*

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