**Groningen Sleep Quality Scale**

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|  |  | **True** | **False** |
| 1. | I had a deep sleep last night | ⬜ | ⬜ |
| 2. | I feel like I slept poorly last night | ⬜ | ⬜ |
| 3. | It took me more than half an hour to fall asleep last night | ⬜ | ⬜ |
| 4. | I felt tired after waking up this morning | ⬜ | ⬜ |
| 5. | I woke up several times last night | ⬜ | ⬜ |
| 6. | I feel like I didn’t get enough sleep last night | ⬜ | ⬜ |
| 7. | I got up in the middle of the night | ⬜ | ⬜ |
| 8. | I felt rested after waking up this morning | ⬜ | ⬜ |
| 9. | I feel like I only had a couple hours of sleep last night | ⬜ | ⬜ |
| 10. | I feel I slept well last night | ⬜ | ⬜ |
| 11. | I didn’t sleep a wink last night | ⬜ | ⬜ |
| 12. | I didn’t have any trouble falling asleep last night | ⬜ | ⬜ |
| 13. | After I woke up last night, I had trouble falling asleep again | ⬜ | ⬜ |
| 14. | I tossed and turned all night last night | ⬜ | ⬜ |
| 15. | I didn’t get more than 5 hours sleep last night | ⬜ | ⬜ |