

Pittsburgh Sleep Quality Index (PSQI)

Instructions: *The following questions relate to your usual sleep habits during the past WEEK only. Your answers should indicate the most accurate reply for the majority of days and nights in the past WEEK.*

During the past week,

1. When have you usually gone to bed? _____
2. How long (in minutes) has it taken you to fall asleep each night? _____
3. When have you usually gotten up in the morning? _____
4. How many hours of actual sleep did you get that night? (This may be different than the number of hours you spend in bed) _____

5. During the past week, how often have you had trouble sleeping because you...	Not during the past week (0)	Less than once (1)	Once or twice (2)	Three or more times (3)
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. Have bad dreams				
i. Have pain				
j. Other reason(s), please describe, including how often you have had trouble sleeping because of this reason(s):				
6. During the past week, how often have you taken medicine (prescribed or "over the counter") to help you sleep?				
7. During the past week, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?				
8. During the past week, how much of a problem has it been for you to keep up enthusiasm to get things done?				
	Very good (0)	Fairly good (1)	Fairly bad (2)	Very bad (3)
9. During the past week, how would you rate your sleep quality overall?				

- Component 1 #9 Score C1 _____
- Component 2 #2 Score (≤ 15 min (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) C2 _____
- Component 3 #4 Score (>7 (0), 6-7(1), 5-6(2), <5 (3) C3 _____
- Component 4 (total # of hours asleep)/(total # of hours in bed) x 100 C4 _____
 $>85\%=0$, $75\%-84\%=1$, $65\%-74\%=2$, $<65\%=3$
- Component 5 # sum of scores 5b to 5j (0=0; 1-9=1; 10-18=2; 19-27=3) C5 _____
- Component 6 #6 Score C6 _____
- Component 7 #7 score + #8 score (0=0; 1-2=1; 3-4=2; 5-6=3) C7 _____

Add the seven component scores together _____ Global PSQI Score _____