PITTSBURGH SLEEP QUALITY INDEX

INSTRUCTIONS:
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, what time have you usually gone to bed at night?
   BED TIME ____________

2. During the past month, how long (in minutes) has it usually taken you to fall asleep each night?
   NUMBER OF MINUTES ____________

3. During the past month, what time have you usually gotten up in the morning?
   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 spent in bed.)
   HOURS OF SLEEP PER NIGHT ____________

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 . . .
   a) Cannot get to sleep within 30 minutes
      Not during the past month _____ Less than once a week _____ Once or twice a week _____ Three or more times a week _____
   b) 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 _____
   c) Have to get up to use the bathroom
      Not during the past month _____ Less than once a week _____ Once or twice a week _____ Three or more times a week _____
d) Cannot breathe comfortably
   - Not during the past month _____
   - Less than once a week _____
   - Once or twice a week _____
   - Three or more times a week _____

e) Cough or snore loudly
   - Not during the past month _____
   - Less than once a week _____
   - Once or twice a week _____
   - Three or more times a week _____

f) Feel too cold
   - Not during the past month _____
   - Less than once a week _____
   - Once or twice a week _____
   - Three or more times a week _____

g) Feel too hot
   - Not during the past month _____
   - Less than once a week _____
   - Once or twice a week _____
   - Three or more times a week _____

h) Had bad dreams
   - Not during the past month _____
   - Less than once a week _____
   - Once or twice a week _____
   - Three or more times a week _____

i) Have pain
   - Not during the past month _____
   - Less than once a week _____
   - Once or twice a week _____
   - Three or more times a week _____

j) Other reason(s), please describe ____________________________________________

How often during the past month have you had trouble sleeping because of this?
   - 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  ____________
7. During the past month, how often have you taken medicine to help you sleep (prescribed or "over the counter")?  

<table>
<thead>
<tr>
<th>Not during the past month</th>
<th>Less than once a week</th>
<th>Once or twice a week</th>
<th>Three or more times a week</th>
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8. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?  

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<th>Three or more times a week</th>
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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 problem at all
- Only a very slight problem
- Somewhat of a problem
- A very big problem

10. Do you have a bed partner or room mate?  

- No bed partner or room mate
- Partner/room mate in other room
- Partner in same room, but not same bed
- Partner in same bed

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

a) Loud snoring  

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<tr>
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b) Long pauses between breaths while asleep  

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c) Legs twitching or jerking while you sleep  

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<tbody>
<tr>
<td>Description</td>
<td>Not during the past month</td>
<td>Less than once a week</td>
<td>Once or twice a week</td>
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<td>d) Episodes of disorientation or confusion during sleep</td>
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<td>e) Other restlessness while you sleep; please describe</td>
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