

<u>Title</u>	<u>Year</u>	<u>Abstract</u>
Sleep Behaviors Scale: 60+	1995	The Sleep Behaviors Scale: 60+ uses a 5-point, Likert-type scale to rate how often older adults engage in each of 30 activities when having problems falling asleep or getting back to sleep at night. Ratings are summed to provide a total score as well as four subscales: active behaviors, relaxation, cognitive arousal and medication. It has been used with older adults 55-88 years of age in Canada. Reliability and validity are discussed. (JW)