

## Sleep Diary

**PsycTESTS Citation:**

Creti, L., Libman, E., Baltzan, M., Rizzo, D., Bailes, S., & Fichten, C. S. (2010). Sleep Diary [Database record]. Retrieved from PsycTESTS. doi: 10.1037/t15896-000

Test Shown: Partial

**Test Format:**

The Sleep Diary requests short answers for most variables. Sleep quality is rated on a 10-point scale (1 = not refreshed at all, 10 = very refreshed), and insomnia complaints are counted as nights/week where participants answer 'Yes' to 'Did you have insomnia last night?'

**Source:**

Creti, Laura, Libman, Eva, Baltzan, Marcel, Rizzo, Dorrie, Bailes, Sally, & Fichten, Catherine S. (2010). Impaired sleep in chronic fatigue syndrome: How is it best measured? *Journal of Health Psychology*, Vol 15(4), 596-607. doi: 10.1177/1359105309355336, © 2010 by SAGE Publications. Reproduced by Permission of SAGE Publications.

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## Sleep Diary

### Items

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#### **TIB, SOL**

At bedtime, how long did it take you to fall asleep last night?

#### **WASO**

If you woke up during the night, what is the total amount of time you were awake?

#### **TST**

How many hours did you sleep last night?

#### **Sleep Quality**

What was the quality of your sleep last night?

1 = very poor, 10 = very good)

#### **Non-Refreshing Sleep Complaint**

days/week where participants answer 'Yes' to 'I do not feel refreshed when I get up in the morning'

#### **Non-Refreshing Sleep Severity**

1 = not refreshed at all, 10 = very refreshed

#### **Insomnia Complaint**

nights/week where participants answer 'Yes' to 'Did you have insomnia last night?'

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*Note .* Four sleep/wake measures were used: overnight polysomnography (PSG); actigraphy; sleep diary; and a retrospective (past month) Sleep Questionnaire that is a part of our test battery. Assessed variables common to all measures include: sleep efficiency; sleep onset latency (SOL); duration of wake after sleep onset (WASO); and total sleep time (TST).