

Sleep Questionnaire

PsycTESTS Citation:

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Test Shown: Full

Test Format:

Responses are provided using 10-point Likert-type scales.

Source:

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Sleep Questionnaire

Items

Do you wake up in the middle of the night feeling unable to breathe?

Have you noticed that parts of your body jerk at night?

Do you have difficulty staying awake during the day when you really want to be awake?

Do you have difficulty staying awake at awkward times, e.g., while you are driving, at a table with friends, while at work, etc.?

How many days per week do you usually nap during the day?

Generally, how sleepy do you feel during the day?

Generally, how difficult is it to concentrate on what you have to do?

Do you feel exhausted during the day?

Do you have any illnesses?

Do you have insomnia?

I do not feel refreshed when I get up in the morning

Generally, what is the quality of your sleep?

Generally, how satisfied are you with your sleep?

How refreshed do you usually feel in the morning?

Generally, how tired do you feel during the day?