



Sleep Questionnaire

How likely are you to be drowsy or fall asleep in the following situations, in contrast to just feeling tired? Consider your day-to-day life over the past several months. Even if these things do not apply, try to decide how you would have been affected in each situation. Use the following scale to choose the most appropriate number for each situation.

0 = would never doze 1 = slight chance of dozing 2 = moderate chance of dozing 3 = high chance of dozing

<u>Situation:</u>	<u>Chance of dozing:</u>
Sitting and reading	_____
Watching television	_____
Sitting inactive in a public place (e.g., in a theater or a meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when possible	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch	_____
In a car while stopped for a few minutes in traffic	_____
Add the column for total	_____

Insomnia Scale

If you have sleep difficulty/insomnia, please complete this portion of the form:

How many nights per week do you have problems falling asleep or staying asleep? _____

How long have you had this problem? (Please check one of the following.)

Less than 1 month _____

1-3 months _____

More than 3 months _____

For the remaining questions, please write 0, 1, 2, or 3 by each question:

0 = no problems 1 = mild problems 2 = moderate problems 3 = severe problems

How severe are your problems with falling asleep? _____

How severe are your problems with difficulty staying asleep or frequent awakenings? _____

How severe are your problems with awakening earlier than you wish? _____

How severe are your problems with daytime sleepiness? _____

How severe are your problems with poor or impaired function at home or at work? _____

How severe are your problems with mood swings? _____

How severe are your problems with your memory? _____

How severe are your problems with being hyper, anxious, or nervous during the day? _____

Add the column for total _____

I certify that the information presented here is accurate to the best of my knowledge.

Signature