Live Well **LN.**

SLEEP QUALITY ASSESSMENT (PSQI)

The Pittsburgh Sleep Quality Index (PSQI) is an effective instrument used to measure the quality and patterns of sleep in adults. It differentiates "poor" from "good" sleep quality by measuring seven areas/components: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medications, and daytime dysfunction over the last month.

During the past month,

1. What time have you usually gone to bed? _____

2. How long (in minutes) has it taken you to fall asleep each night? _____

3. What time have you usually gotten up in the morning? _____

4. a. How many hours of actual sleep did you get at night? _____

    b. How many hours were you in bed? _____

5. During the past month, how often have you had trouble sleeping because you:	None (0)	<1/wk (1)	1-2/wk (2)	3+/wk (3)
A. Cannot get to sleep in 30 minutes				
B. Wake up in the middle of the night or early morning				
C. Have to get up to use the bathroom				
D. Cannot breathe comfortably				
E. Cough or snore loudly				
F. Feel too cold				
G. Feel too hot				
H. Have bad dreams				
I. Have pain				
J. Other reason(s), please describe, including how often you have had trouble sleeping because of this reason(s):				
6. During the past month, how often have you taken prescribed or Over-The-Counter medicine to help you sleep?				
7. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activities?				
8. During the past month, how much of a problem has it been for you to keep up with enthusiasm to get things done?				
9. During the past month, how would you rate your overall sleep quality?	Very Good (0)	Fairly Good (1)	Fairly Bad (2)	Very Bad (3)

SCORING

COMPONENT 1 _____ #9 Score

COMPONENT 2 _____ #2 Score: (<15 min (0), 16-30 min (1), 31-60 min (2), >60 min (3)

    + #5A Score (if sum equals 0=0; 1-2=1; 3-4=2; 5-6=3)

COMPONENT 3 _____ #4 Score (>7 (0), 6-7 (1), 5-6 (2), <5 (3)

COMPONENT 4 _____ (total # of hours asleep/total # of hours in bed) x 100

    >85% = 0; 75-84% = 1; 65-74% = 2; <65% = 3

COMPONENT 5 _____ # sum of scores from 5B-5J (0=0; 1-9=1; 10-18=2; 19-27 = 3)

COMPONENT 6 _____ #6 Score

COMPONENT 7 _____ #7 Score = #8 Score (0=0; 1-2=1; 3-4=2; 5-6=3)

TOTAL/GLOBAL PSQI _____

A total score of 5 or greater is indicative of poor sleep quality. If you scored 5 or more, it's suggested that you discuss your sleep habits with your healthcare provider.