

HNDId: Enter 10-digit HANDLS ID: ___ - ___ - ___ - ___ - ___ - ___

Pittsburgh Sleep Quality Index

These questions are about your usual sleep habits. We want to know how you've been sleeping on most days for the past month.

(1) **PSQI01:** During the past month, what time have you usually gone to bed at night?

(2) **PSQI02:** During the past month, how long (in minutes) has it usually taken you to fall asleep each night? _____

(3) **PSQI03:** During the past month, what time have you usually gotten up in the morning?

(4) **PSQI04:** During the past month, how many hours of actual sleep did you get at night? (This may be different than the number of hours you spent in bed.) _____

(5) **PSQI05a:** During the past month, how often have you had trouble sleeping because you cannot get to sleep within 30 minutes?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(6) **PSQI05b:** During the past month, how often have you had trouble sleeping because you wake up in the middle of the night or early morning?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(7) **PSQI05c:** During the past month, how often have you had trouble sleeping because you have to get up to use the bathroom?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(8) **PSQI05d:** During the past month, how often have you had trouble sleeping because you cannot breathe comfortably?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(9) **PSQI05e:** During the past month, how often have you had trouble sleeping because you cough or snore loudly?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(10) **PSQI05f:** During the past month, how often have you had trouble sleeping because you feel too cold?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(11) **PSQI05g:** During the past month, how often have you had trouble sleeping because you feel too hot?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(12) **PSQI05h:** During the past month, how often have you had trouble sleeping because you had bad dreams?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(13) **PSQI05i:** During the past month, how often have you had trouble sleeping because you have pain?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(14) **PSQI05j1:** During the past month, have you had trouble sleeping for other reasons?

- 0: No
- 1: Yes

Go to PSQI06 if PSQI05j1 eq "0"

(15) **PSQI05j2:** During the past month, what other reasons have you had for your troubled sleep?

(16) **PSQI05j3:** When were your other reasons for having troubled sleep?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

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(17) **PSQI06:** During the past month, how would you rate your sleep quality overall?

- 1: Very good
- 2: Fairly good
- 3: Fairly bad
- 4: Very bad

(18) **PSQI07:** During the past month, how often have you taken medicine to help you sleep (prescribed or “over the counter”)?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(19) **PSQI08:** During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

- 1: Not during past month
- 2: Less than once a week
- 3: Once or twice a week
- 4: 3 or more times a week

(20) **PSQI09:** During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?

- 1: No problem at all
- 2: Only a very slight problem
- 3: Somewhat of a problem
- 4: A very big problem

(21) **PSQI10:** Do you have a bed partner or roommate?

- 1: No
- 2: Partner or room mate in other room
- 3: Partner in same room, but not same bed
- 4: Partner in same bed

(22) **SleepDif:** Has your sleep in the past month been different than usual?

- 0: No
- 1: Yes