

## SLEEP QUESTIONNAIRE

A. Estimate how long you slept last night in hours and minutes \_\_\_\_\_

Convert this to hours (one decimal place) \_\_\_\_\_

B. Select an alternative by circling the number:

*Compared to most people my age, I think I tend to:*

1. *sleep much longer than average*
2. *sleep somewhat more than average*
3. *sleep about average*
4. *sleep somewhat less than average*
5. *sleep much less than average*

### C. THE SLEEPY SCALE:

Consider your sleeping behaviour, and how sleepy or alert you have felt, over the last week. With this in mind, write beside each statement whether you agree or disagree with the statement as a description of your behaviour over the last week

1. I have a nap during the day when I can
2. Most days, I am very active and alert
3. I usually bounce out of bed in the morning
4. Most times, I sleep well
5. I feel drowsy as the day progresses
6. I often feel drained
7. I need more sleep than I usually get
8. People think I am really energetic
9. I often pace myself to conserve my strength
10. I sometimes feel as if my sleep could have been more refreshing

Now use the scoring guide below to give yourself a score out of 10:

#### Scoring guide for the Sleepy Scale:

Score 1 each time: (a) you agreed to items 1, 5, 6, 7, 9, 10  
(b) you disagreed to items 2, 3, 4, 8

SCORE ON THE SLEEPY SCALE: \_\_\_\_\_

D. Select an alternative by circling the number:

*When I sleep, I sleep most of the time:*

1. *on my side*
2. *on my back*
3. *on my stomach*
4. *don't know*