

# SLEEP QUALITY QUESTIONNAIRE



This first half of this sleep quality questionnaire, **Sleep Quality Assessment**, was developed by Colin Espie, professor of sleep medicine at the University of Oxford and a cofounder of the sleep-education app Sleepio. The second half, **Bedtime Habits**, was created by the Pima County Employee Wellness team to assess sleep habits that can impact the quality of sleep. It is intended as a tool to start a conversation with yourself, family, friends, and medical providers, as well as to use as a useful reference to assess areas of sleep and/or habits that are in need of change.

## INSTRUCTIONS

Indicate the most accurate response for each question. Write down the points that match your response. At the end, add up your points to get your score. Complete this questionnaire at the beginning of the challenge in Week 1 and record your initial score on your Challenge Log. At the end of the challenge in Week 4, retake the questionnaire and record your final score on your Challenge Log. Do you see an improvement?

## SLEEP QUALITY ASSESSMENT

*Thinking about a typical night in the past month . . .*

### 1. How long does it take you to fall asleep?

Initial Points	Final Points	Range	Points
		0–15 minutes	4 points
		16–30 minutes	3 points
		31–45 minutes	2 points
		46–60 minutes	1 point
		>60 minutes	0 points

### 2. If you then wake up one or more times during the night, how long are you awake in total? (Add up all the times you are awake.)

Initial Points	Final Points	Range	Points
		0–15 minutes	4 points
		16–30 minutes	3 points
		31–45 minutes	2 points
		46–60 minutes	1 point
		>60 minutes	0 points

### 3. If your final wake-up time occurs before you intend to wake up, how much earlier is this?

Initial Points	Final Points	Range	Points
		I don't wake up too early/up to 15 minutes early	4 points
		16–30 minutes	3 points
		31–45 minutes	2 points
		46–60 minutes	1 point
		>60 minutes	0 points

**4. How many nights a week do you have a problem with your sleep?**

Initial Points	Final Points	Range	Points
		0-1 nights	4 points
		2 nights	3 points
		3 nights	2 points
		4 nights	1 point
		5-7 nights	0 points

**5. How would you rate your sleep quality?**

Initial Points	Final Points	Range	Points
		Very good	4 points
		Good	3 points
		Average	2 points
		Poor	1 point
		Very Poor	0 points

*Thinking about the past month, to what extent has poor sleep . . .*

**6. Affected your mood, energy, or relationships?**

Initial Points	Final Points	Range	Points
		Not at all	4 points
		A little	3 points
		Somewhat	2 points
		Much	1 point
		Very much	0 points

**7. Affected your concentration, productivity, or ability to stay awake?**

Initial Points	Final Points	Range	Points
		Not at all	4 points
		A little	3 points
		Somewhat	2 points
		Much	1 point
		Very much	0 points

**8. Troubled you in general?**

Initial Points	Final Points	Range	Points
		Not at all	4 points
		A little	3 points
		Somewhat	2 points
		Much	1 point
		Very much	0 points

**9. How long have you had a problem with your sleep?**

Initial Points	Final Points	Range	Points
		I don't have a problem/<1 month	4 points
		1-2 months	3 points
		3-6 months	2 points
		7-12 months	1 point
		>1 year	0 points

**Now add up your total points to get your Sleep Quality Assessment score:**

Initial Sleep Quality Assessment Score	Final Sleep Quality Assessment Score

**Use the following as a guide to assess your sleep quality:**

<b>0-9 points</b>	Your sleep problems seem to be severe. You should try to get some help.
<b>10-18 points</b>	You have some sleep problems that could ultimately impact your health and wellbeing. It is important to examine your sleep habits and see how you can make changes
<b>19-27 points</b>	Your sleep is in good shape, but creating a consistent bedtime routine is one of several steps you can take to make it even better.
<b>28-36 points</b>	Your sleep is in great shape. Keep doing what you are doing and spread the word!

*For more information, go to the Sleepio app or [www.sleepio.com](http://www.sleepio.com).*

**Now answer the following questions to get your Bedtime Habits score:**

**BEDTIME HABITS**

*Thinking about your bedtime habits over the last month . . .*

**1. How many days per week do you go to sleep and wake up at roughly the same time?**

Initial Points	Final Points	Range	Points
		7 days a week on average – I never rarely vary my schedule	4 points
		5 - 6 days per week	3 points
		3 - 4 days per week	2 points
		1 - 2 days per week	1 point
		There is no pattern to my sleep/wake cycle	0 points

**2. How many nights/week do you use electronics (smart phone, iPad, computer, video games), within an hour of going to sleep?**

Initial Points	Final Points	Range	Points
		None, I never use electronics before bed	4 points
		1-2 days per week	3 points
		3 - 4 days per week	2 points
		5 - 7 days per week	1 point
		7 days per week	0 points

**3. How many nights a week do you eat within 1-2 hours of bedtime?**

Initial Points	Final Points	Range	Points
		None, I never eat before bed	4 points
		1-2 days per week	3 points
		3 - 4 days per week	2 points
		5 - 7 days per week	1 point
		7 days per week	0 points

**4. How often do you consume caffeine in the latter half of the day?**

Initial Points	Final Points	Range	Points
		None, I never drink caffeine past 1 pm	4 points
		1-2 days per week	3 points
		3 - 4 days per week	2 points
		5 - 7 days per week	1 point
		days per week	0 points

*Thinking about your daytime habits over the last month . . .*

**5. How many days per week do you get at least 30 minutes of physical activity/exercise?**

Initial Points	Final Points	Range	Points
		6-7 days	4 points
		4-5 days	3 points
		2-3 days	2 points
		1 day	1 point
		Never, I am not currently active	0 points

**Now add up your total points to get your Bedtime Habits score:**

Initial Bedtime Habits Score	Final Bedtime Habits Score

**Use the following as a guide to assess your sleep habits:**

<b>0-5 points</b>	Your habits could be having a negative impact on your ability to sleep well. Consider changing habits or seeking assistance to develop habits that promote better sleep.
<b>6 -10 points</b>	Your habits are likely affecting your ability to get quality sleep. It is important to examine your sleep habits and see how you can make changes.
<b>11-15 points</b>	Overall, you have good sleep habits, but you may benefit from incorporating even more lifestyle changes that could make it even better.
<b>16 -20 points</b>	You have great sleep habits and should continue doing what you are doing!

**Now, add your two scores together. Record these scores on your Challenge Log.**

Initial Total Score	Final Total Score

**Use the following as a guide to assess how your sleep habits impact and support quality of sleep.**

<b>0-14 points</b>	Your sleep quality and habits could negatively affect your health and wellbeing. A consultation with a medical professional is recommended to help get you on track for better sleep in the future.
<b>15-28 points</b>	Your sleep quality and habits are likely affecting your ability to get adequate sleep. Consider examining your sleep habits to determine where you can make changes to potentially improve your sleep.
<b>29-41 points</b>	You have good habits and sleep patterns overall, but you may want to consider incorporating an additional good sleep habit to further improve the quality of your sleep.
<b>42-56 points</b>	Congratulations! Great sleep habits are promoting and supporting great quality sleep! Keep up the awesome habits and share your ideas for better sleep with others!