PITTSBURGH SLEEP QUALITY INDEX (PSQI)

<u>Instructions:</u> The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all questions.

1. During the past month, what time have you usually gone to bed at night? _____
2. During the past month, how long (in minutes) has it usually taken for you to fall asleep each night?
   ⓪ ≤ 15 minutes   ① 16-30 minutes   ② 31-60 minutes   ③ ≥ 60 minutes
3. During the past month, what time have you usually gotten up in the morning? _____
4. During the past month, how many hours of <u>actual sleep</u> did you get at night? (This may be different than the number of hours you spent in bed) _____

5. During the past month, how often have you had trouble sleeping because you:	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
a. Cannot get to sleep within 30 min	⓪	①	②	③
b. Wake up in the middle of the night or early morning	⓪	①	②	③
c. Have to get up to use the bathroom	⓪	①	②	③
d. Cannot breathe comfortably	⓪	①	②	③
e. Cough or snore loudly	⓪	①	②	③
f. Feel too cold	⓪	①	②	③
g. Feel too hot	⓪	①	②	③
h. Have bad dreams	⓪	①	②	③
i. Have pain	⓪	①	②	③
j. Other reason(s), Please describe: _____ _____	⓪	①	②	③
6. During the past month, how often have you taken medicine to help you sleep? (prescribed or over the counter)	⓪	①	②	③
7. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?	⓪	①	②	③

8. During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?	No Problem at all	Only a very slight problem	Somewhat of a problem	A very big problem
	⓪	①	②	③
9. During the past month, how would you rate your sleep quality overall?	Very good	Fairly good	Fairly bad	Very bad
	⓪	①	②	③

Scoring:

Component	1	2		3		4	
Name	Subjective Sleep Quality	Sleep Latency		Sleep Duration		Sleep Efficiency	
Scoring pattern	Q.9	Sum of Q. 2 + 5a	Score	Q. 3	Score	= [Hours slept (Q.4)/ Hours in bed (Q.1,3)]x 100%	Score
		0	0	> 7 hours	0	> 85%	0
		1-2	1	6-7 hours	1	75-84%	1
		3-4	2	5-6 hours	2	65-74%	2
		5-6	3	< 5 hours	3	< 65%	3
Component Score							

Component	5		6	7	
Name	Sleep Disturbance		Use of sleep medication	Daytime dysfunction	
Scoring pattern	Sum of Q. 5b to 5j	Score	Q. 6	Sum of Q. 7 + 8	Score
	0	0		0	0
	1-19	1		1-2	1
	10-18	2		3-4	2
	19-27	3		5-6	3
Component Score					

Global PSQI Score: Sum of seven component scores: _____

Cut-off: Higher score indicates poor sleep quality. Global PSQI Score > 6 indicates the need of approaching a health professional.

Reference & Credits: Buysse, DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ.The Pittsburgh Sleep Quality Index (PSQI): A new instrument for psychiatric research and practice. Psychiatry Research 1989;28:193-213.