

PIRS_20

ID _____

Date / /
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The following questions ask about your sleep **in the past 7 days and nights**. Please circle the one **best** answer for each question.

A. In the past week, how much were you <u>bothered</u> by:	Not at all bothered	Slightly bothered	Moderately bothered	Severely bothered
1. One or more awakenings after getting to sleep	0	1	2	3
2. Not getting enough sleep	0	1	2	3
3. Sleep that doesn't fully refresh you	0	1	2	3
4. Poor alertness during the daytime	0	1	2	3
5. Difficulty keeping your thoughts focused	0	1	2	3
6. Others noticing you appeared tired or fatigued	0	1	2	3
7. Too many difficulties to overcome	0	1	2	3
8. Bad mood(s) because you had poor sleep	0	1	2	3
9. Lack of energy because of poor sleep	0	1	2	3
10. Poor sleep that interferes with your relationships	0	1	2	3
11. Being unable to sleep	0	1	2	3
12. Being able to do only enough to get by	0	1	2	3

B. Please circle the best answer for each question about the past week:

13. From the time you tried to go to sleep, how long did it take to fall asleep on **most** nights?

- 0 Less than ½ hour
- 1 Between ½ to 1 hour
- 2 Between 1 to 3 hours
- 3 More than 3 hours or I didn't sleep

14. If you woke up during the night, how long did it take to fall back to sleep on **most** nights?

- 0 Less than ½ hour or I didn't wake up
- 1 Between ½ to 1 hour
- 2 Between 1 to 3 hours
- 3 More than 3 hours or I didn't fall back to sleep

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15. Not counting times when you were awake in bed, how many hours of **actual** sleep did you get during the **worst** night?

- 0 More than 7 hours
- 1 Between 4 to 7 hours
- 2 Between 2 to 4 hours
- 3 Less than 2 hours or I didn't sleep

16. On how many days did you have trouble coping **because of poor sleep**?

- 0 None or 1 day
- 1 On 2 or 3 days
- 2 On 4 or 5 days
- 3 On 6 or all days

C. Over the past week, how would you rate:

	Excellent	Good	Fair	Poor
17. Your sleep quality, compared to most people	0	1	2	3
18. Your satisfaction with your sleep	0	1	2	3
19. The regularity of your sleep	0	1	2	3
20. The soundness of your sleep	0	1	2	3