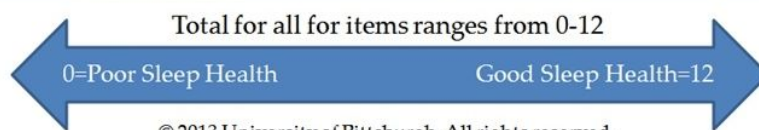


		Rarely/ Never (0)	Sometimes (1)	Usually/ Always (2)
<u>Regularity</u>	Do you go to bed and get out of bed at about the same times (within one hour) every day?			
<u>Satisfaction</u>	Are you satisfied with your sleep?			
<u>Alertness</u>	Do you stay awake all day without dozing?			
<u>Timing</u>	Are you asleep (or in bed) between 2:00 a.m. and 4:00 a.m.?			
<u>Efficiency</u>	Do you spend less than 30 minutes awake at night? This includes the time it takes to fall asleep plus awakenings during sleep.			
<u>Duration</u>	Do you sleep between 7 and 9 hours per day?			



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 For more information see Buysse, D. J. (2014). Sleep health: can we define it? Does it matter. *Sleep*, 37(1), 9-17. Available here:
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3902880/>