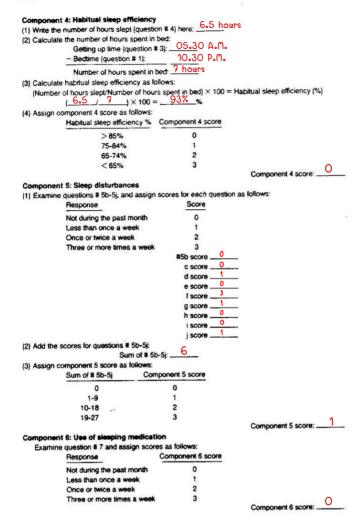
Scoring Instructions for the Pittsburgh Sleep Quality Index

The Pittsburgh Sleep Quality Index (PSQI) contains 19 self-rated questions and 5 questions rated by the bed partner or roommate (if one is available). Only self-rated questions are included in the scoring. The 19 self-rated items are combined to form seven "component" scores, each of which has a range of 0-3 points. In all cases, a score of "0" indicates no difficulty, while a score of "3" indicates severe difficulty. The seven component scores are then added to yield one "global" score, with a range of 0-21 points, "0" indicating no difficulty and "21" indicating severe difficulties in all areas.

Scoring proceeds as follows:

Component 1: Subjective sleep qui	ality	
Examine question #6, and assign	scores as follows:	
Response	Component 1 score	
"Very good"	0	
"Fairly good"	1	
"Fairly bad"	2	
"Very bad"	3	1
		Component 1 score:
Component 2: Sleep latency		
1. Examine question #2, and assign	scores as follows:	
Response	Score	
≤ 15 minutes	0	
16-30 minutes	1	
31-60 minutes	2	
> 60 minutes	3	0
	Questic	en #2 score:
2. Examine question #5a, and assign	scores as follows:	
Response	Score	
Not during the past mon	th O	
Less than once a week	1	
Once or twice a week	2	
Three or more times a v		0
	Question	#5a score:
3. Add #2 score and #5a score		0
	Sum of t	#2 and #5a:
4. Assign component 2 score as folk		
Sum of #2 and #5a	Component 2 score	
0	0	
1-2	1	
3-4	2	
5-6	3	0
		Component 2 score:
Component 3: Sleep duration		
Examine question #4, and assign		
Response	Component 3 score	
>7 hours	0	
6-7 hours	1	
5-6 hours	2	
< 5 hours	3	1
		Component 3 score:



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	Examine question # 8, and assign scores Response		Score		
	Never				
	Once or twice		1		
Once or twice each week Three or more times each week		wook	2		
		each week			
		Questi	on # 8 score:		
(2) Evan	ine question # 9, and assi				
Response			Score		
	No problem at all		0		
Only a very slight problem		blem	1		
Somewhat of a problem			2		
A very big problem			3		
		Questi	on # 9 score:		
(3) Add t	he scores for question # 8	and # 9.			
	•	Sum	of #8 and #9:		
(4) Assig	n component 7 score as fo				
	Sum of # 8 and #9	Component 7	score		
	0	0			
	1-2	1			
	3-4	2			
	5-6	3		0	
			Component 7 sco	vre:	

Add the seven component scores together.

Globel PSQI Score: ____3___

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