

## 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 quality

Examine question #6, and assign scores as follows:

| Response      | Component 1 score |
|---------------|-------------------|
| "Very good"   | 0                 |
| "Fairly good" | 1                 |
| "Fairly bad"  | 2                 |
| "Very bad"    | 3                 |

Component 1 score: 3

### 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     |

Question #2 score: 0

2. Examine question #5a, and assign scores as follows:

| Response                   | Score |
|----------------------------|-------|
| Not during the past month  | 0     |
| Less than once a week      | 1     |
| Once or twice a week       | 2     |
| Three or more times a week | 3     |

Question #5a score: 3

3. Add #2 score and #5a score

Sum of #2 and #5a: 3

4. Assign component 2 score as follows:

| Sum of #2 and #5a | Component 2 score |
|-------------------|-------------------|
| 0                 | 0                 |
| 1-2               | 1                 |
| 3-4               | 2                 |
| 5-6               | 3                 |

Component 2 score: 2

### Component 3: Sleep duration

Examine question #4, and assign scores as follows:

| Response  | Component 3 score |
|-----------|-------------------|
| > 7 hours | 0                 |
| 6-7 hours | 1                 |
| 5-6 hours | 2                 |
| < 5 hours | 3                 |

Component 3 score: 2

**Component 4: Habitual sleep efficiency**(1) Write the number of hours slept (question # 4) here: 5(2) Calculate the number of hours spent in bed: 05:30 u.Getting up time (question # 3): 23:30 u.- Bedtime (question # 1): 18:00Number of hours spent in bed: 6

(3) Calculate habitual sleep efficiency as follows:

(Number of hours slept/Number of hours spent in bed)  $\times$  100 = Habitual sleep efficiency (%) $(\frac{5}{6}) \times 100 = 83.33\%$ 

(4) Assign component 4 score as follows:

| Habitual sleep efficiency % | Component 4 score |
|-----------------------------|-------------------|
| > 85%                       | 0                 |
| 75-84%                      | 1                 |
| 65-74%                      | 2                 |
| < 65%                       | 3                 |

Component 4 score: 1**Component 5: Sleep disturbances**

(1) Examine questions # 5b-5j, and assign scores for each question as follows:

| Response                   | Score |
|----------------------------|-------|
| Not during the past month  | 0     |
| Less than once a week      | 1     |
| Once or twice a week       | 2     |
| Three or more times a week | 3     |

#5b score 3  
 c score 3  
 d score 2  
 e score 2  
 f score 0  
 g score 0  
 h score 0  
 i score 3  
 j score 0

(2) Add the scores for questions # 5b-5j: 13

Sum of # 5b-5j:

(3) Assign component 5 score as follows:

| Sum of # 5b-5j | Component 5 score |
|----------------|-------------------|
| 0              | 0                 |
| 1-9            | 1                 |
| 10-18          | 2                 |
| 19-27          | 3                 |

Component 5 score: 2**Component 6: Use of sleeping medication**

Examine question # 7 and assign scores as follows:

| Response                   | Component 6 score |
|----------------------------|-------------------|
| Not during the past month  | 0                 |
| Less than once a week      | 1                 |
| Once or twice a week       | 2                 |
| Three or more times a week | 3                 |

Component 6 score: 3

**Component 7: Daytime dysfunction**

(1) Examine question # 8, and assign scores as follows:

| Response                      | Score |
|-------------------------------|-------|
| Never                         | 0     |
| Once or twice                 | 1     |
| Once or twice each week       | 2     |
| Three or more times each week | 3     |

Question # 8 score: 0

(2) Examine question # 9, and assign scores as follows:

| Response                   | Score |
|----------------------------|-------|
| No problem at all          | 0     |
| Only a very slight problem | 1     |
| Somewhat of a problem      | 2     |
| A very big problem         | 3     |

Question # 9 score: 1

(3) Add the scores for question # 8 and # 9:

Sum of #8 and #9: 1

(4) Assign component 7 score as follows:

| Sum of # 8 and #9 | Component 7 score |
|-------------------|-------------------|
| 0                 | 0                 |
| 1-2               | 1                 |
| 3-4               | 2                 |
| 5-6               | 3                 |

Component 7 score: 1**Global PSQI Score**

Add the seven component scores together:

Global PSQI Score: 14