

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:

| <u>Response</u> | <u>Component 1 score</u> |
|-----------------|--------------------------|
| "Very good" | 0 |
| "Fairly good" | 1 |
| "Fairly bad" | 2 |
| "Very bad" | 3 |

Component 1 score: 1

Component 2: Sleep latency

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

| <u>Response</u> | <u>Score</u> |
|-----------------|--------------|
| ≤ 15 minutes | 0 |
| 16-30 minutes | 1 |
| 31-60 minutes | 2 |
| > 60 minutes | 3 |

Question #2 score: 2

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

| <u>Response</u> | <u>Score</u> |
|----------------------------|--------------|
| 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: 5

4. Assign component 2 score as follows:

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

Component 2 score: 3

Component 3: Sleep duration

Examine question #4, and assign scores as follows:

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

Component 3 score: 1

Component 4: Habitual sleep efficiency

(1) Write the number of hours slept (question # 4) here: 7

(2) Calculate the number of hours spent in bed:

Getting up time (question # 3): 05:00
 - Bedtime (question # 1): 21:00
 Number of hours spent in bed: 1.5 hours

(3) Calculate habitual sleep efficiency as follows:

(Number of hours slept/Number of hours spent in bed) × 100 = Habitual sleep efficiency (%)

(7 / 1.5) × 100 = 46.7%

(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: 0

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 0
 e score 0
 f score 0
 g score 3
 h score 0
 i score 3
 j score 2

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

Sum of # 5b-5j: 14

(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: 0

Component 7: Daytime dysfunction

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

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

Question # 8 score: 1

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

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

Question # 9 score: 2

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

Sum of #8 and #9: 3

(4) Assign component 7 score as follows:

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

Component 7 score: 2**Global PSQI Score**

Add the seven component scores together:

Global PSQI Score: 9