

## 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: 1

### 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: 1

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: 0

3. Add #2 score and #5a score

Sum of #2 and #5a: 1

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: 1

### 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: 1

**Component 4: Habitual sleep efficiency**

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

(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: 8 hrs.

(3) Calculate habitual sleep efficiency as follows:

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

( 7 / 8 ) × 100 = 87.5 %

(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 0  
 c score 2  
 d score 0  
 e score 3  
 f score 0  
 g score 2  
 h score 0  
 i score 2  
 j score 0

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

Sum of # 5b-5j: 9

(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: 1

**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: 2

(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: 1

(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: 6