

## ASSESSMENT

# LET'S TALK ABOUT SLEEP

(Page 163, *Eat Yourself Healthy*, Dr Megan Rossi)

The following questions relate to your usual sleep habits during the past month. I know sleeping habits are not always the same, but try to think about your average sleep when completing this assessment.

1. What is your usual?

BEDTIME \_\_\_\_\_ GETTING UP TIME \_\_\_\_\_ = \_\_\_\_\_ HOURS SPENT IN BED

2. How long (in minutes) does it usually take you to fall asleep?

Fewer than 15 minutes  
(0 points)

15–30 minutes  
(1 point)

31–60 minutes  
(2 points)

More than 60 minutes  
(3 points)

3. How many hours of actual sleep do you get at night? (This may be different to the number of hours you spent in bed.)

Fewer than 5 hours  
(3 points)

5 to less than 6 hours  
(2 points)

6–7 hours  
(1 point)

More than 7 hours  
(0 points)

4. What is your sleep efficacy? Your hours spent sleeping (answer from question 3) divided by hours spent in bed (answer from question 1) =

0.85 or higher  
(0 points)

0.84–0.75  
(1 point)

0.74–0.65  
(2 points)

0.64 or less  
(3 points)

5. How would you rate your sleep quality overall?

Very bad  
(3 points)

Fairly bad  
(2 points)

Fairly good  
(1 point)

Very good  
(0 points)

6. How often have you taken medicine to help you sleep (prescribed or over-the-counter)?

None  
(0 points)

Less than once per week  
(1 point)

1–2 times per week  
(2 points)

3 or more times per week  
(3 points)

7. How often have you had trouble staying awake while driving, eating meals or engaging in social activity?

Never  
(0 points)

Less than once per week  
(1 point)

1–2 times per week  
(2 points)

3 or more times per week  
(3 points)

**Tally your score:** \_\_\_\_\_

### Score interpretation:

Very good  
sleep quality

Very poor  
sleep quality

**0 Points**



**18 Points**

\* This is an adapted, shorter version of the Pittsburgh Sleep Quality Index. Visit [www.sleep.pitt.edu](http://www.sleep.pitt.edu) for the full version.