Sleep Diary

PsycTESTS Citation:

Test Shown: Partial

Test Format:
The Sleep Diary requests short answers for most variables. Sleep quality is rated on a 10-point scale (1 = not refreshed at all, 10 = very refreshed), and insomnia complaints are counted as nights/week where participants answer ‘Yes’ to ‘Did you have insomnia last night?’.

Source:

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Sleep Diary

Items

**TIB, SOL**
At bedtime, how long did it take you to fall asleep last night?

**WASO**
If you woke up during the night, what is the total amount of time you were awake?

**TST**
How many hours did you sleep last night?

**Sleep Quality**
What was the quality of your sleep last night?
1 = very poor, 10 = very good

**Non-Refreshing Sleep Complaint**
days/week where participants answer ‘Yes’ to ‘I do not feel refreshed when I get up in the morning’

**Non-Refreshing Sleep Severity**
1 = not refreshed at all, 10 = very refreshed

**Insomnia Complaint**
nights/week where participants answer ‘Yes’ to ‘Did you have insomnia last night?’

*Note. Four sleep/wake measures were used: overnight polysomnography (PSG); actigraphy; sleep diary; and a retrospective (past month) Sleep Questionnaire that is a part of our test battery. Assessed variables common to all measures include: sleep efficiency; sleep onset latency (SOL); duration of wake after sleep onset (WASO); and total sleep time (TST).*