1. How long did it usually take for you to fall asleep during the past 4 weeks? Choose one.

0-15 minutes \_\_1

16-30 minutes \_\_2

31-45 minutes \_\_3

46-60 minutes \_\_4

More than 60 minutes \_\_5

1. On the average, how many hours did you sleep each night during the past 4 weeks?

Write in average number of hours per night: \_\_\_\_\_

How often during the past 4 weeks did you …

1. feel that your sleep was not quiet (moving restlessly, feeling tense, speaking, etc., while sleeping)?

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

1. get enough sleep to feel rested upon waking in the morning?

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

1. awaken short of breath or with a headache?

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

1. feel drowsy or sleepy during the day

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

1. have trouble falling asleep?

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

1. awaken during your sleep time and have trouble falling asleep again?

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

1. have trouble staying awake during the day?

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

1. snore during your sleep?

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

1. take naps (5 minutes or longer) during the day?

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

1. get the amount of sleep you needed?

All of the time \_\_1

Most of the time \_\_2

A good bit of the time \_\_3

Some of the time \_\_4

A little of the time \_\_5

None of the time \_\_6

Notes: dimensions

Scoring the MOS Sleep Survey is a two-step process:

First, original numeric values from the survey are recoded following the scoring rules outlined in Table 1. All items are scored so that a high score reflects more of the attribute implied by the scale name.

* + Questions 3, 5, 6, 7, 8, 9, 10, 11 are reverse scored
  + Questions 4 and 12, reverse scoring depends on the usage. When used in the sleep adequacy scale, a higher score reflects less of a problem (reverse scoring is used). When used in the sleep problems index, a higher score reflects more of a problem

Each item is then converted to a 0 to 100 possible range so that the lowest and highest possible scores are set at 0 and 100, respectively. In this format, scores represent the achieved percentage of the total possible score. For example, a score of 50 represents 50% of the highest possible score. (See scoring manual)

Second, items within each scale are averaged together to create the 7 scale scores. The list below indicates which items contribute to each scale. Scales with at least one item answered can be used to generate a scale score. Items that are left blank (missing data) are not taken into account when calculating the scale scores. Scores represent the average for all items in the scale that the respondent answered. and are described in table 2b.

Sleep dimensions are as follows (the letter r with a number indicates reverse scored)

* Sleep disturbance: 1, 3r, 7r, 8r
* Snoring: 10r
* Awake short of breath or headache: 5r
* Sleep adequacy: questions 4r, 12r
* Somnolence: questions 6r, 94, 114
* Sleep problems index 1: 4, 5r, 7r, 8r, 9r, 12
* Sleep problems index 2: 1, 3r, 4, 5r, 6r, 7r, 8r, 9r, 12

Two additional measures are based on the average number of hours sleep each night during the past 4 weeks

* Quantity of sleep: question 2 (as asked)
* Optimal sleep: dichotomized where YES = the number of hours of sleep is between 7 and 8.

Hays RD & Stewart AL. Sleep measures. In: Stewart AL & Ware JE (eds.). Measuring functioning and well-being: The Medical Outcomes Study approach. Durham, NC: Duke University Press, 1992, pp. 235-259.