

Sleep Assessment Tool

(adapted from the Leeds Sleep Assessment Questionnaire (LSEQ), Parrott & Hindmarch 1978)

This sleep evaluation questionnaire is a standardised and widely used self-reporting instrument comprising ten 10cm visual scales that relate to the ease of **getting to sleep** (GTS), **quality of sleep** (QOS), ease of **awakening from sleep** (AFS) and alertness and **behaviour following wakefulness** (BFW).

Each of the following questions is answered by placing a vertical mark on the answer line. If no change was experienced then place the mark in the middle of the line. If a change was experienced then position the mark relative to the nature and extent of the change, i.e., large changes near the ends of the line, small changes near the middle.

Ease of getting to sleep (GTS)

How would you compare getting to sleep using the medication with getting to sleep normally, without medication?

- | | | |
|--------------------------------|-------|-----------------------------|
| 1. Harder than usual | _____ | Easier than usual |
| 2. Slower than usual | _____ | Quicker than usual |
| 3. Felt less drowsy than usual | _____ | Felt more drowsy than usual |

Quality of Sleep (QOS)

How would you compare the quality of sleep using the medication with non-medicated sleep?

- | | | |
|---|-------|---|
| 4. More restless than usual | _____ | More restful than usual |
| 5. More periods of wakefulness than usual | _____ | Fewer periods of wakefulness than usual |

Awakening from sleep (AFS)

How did your awakening after medication compare with your usual pattern of awakening?

- | | | |
|------------------------------|-------|-------------------------|
| 6. More difficult than usual | _____ | Easier than usual |
| 7. Took longer than usual | _____ | Took shorter than usual |

Integrity of early morning behaviour following wakefulness (BFW)

How did you feel on awakening?

- | | | |
|----------|-------|-------|
| 8. Tired | _____ | Alert |
|----------|-------|-------|

How do you feel now?

- | | | |
|----------|-------|-------|
| 9. Tired | _____ | Alert |
|----------|-------|-------|

How was your sense of balance and coordination upon getting up?

- | | | |
|----------------------------|-------|------------------------|
| 10. More clumsy than usual | _____ | Less clumsy than usual |
|----------------------------|-------|------------------------|