Date: On average over the past two weeks: 1) How many hours did you sleep each night? 2) How many minutes did it take you to fall asleep? a) 0-15 minutes a) 16-30 minutes b) How many times did you wake up each night? a) 1 b) How many times did you wake up each night? a) 1 b) How often did you feel rested upon awakening?	Curre	ent S	leep	Status	Que	stionnaire	
 1) How many hours did you sleep each night? 2) How many minutes did it take you to fall asleep? a) 0-15 minutes and 46-60 minutes b) 16-30 minutes and 60 minutes c) 31-45 minutes c) 31-45 minutes c) 46-60 minutes c) 60 m	Date:						
 2) How many minutes did it take you to fall asleep? 0-15 minutes 46-60 minutes 16-30 minutes 60 minutes 31-45 minutes 31-45 minutes 31 How many times did you wake up each night? 0 2 4 1 3 more than 4 	On av	erage or	ver the pa	st two we	eks:		
 □ 0-15 minutes □ 16-30 minutes □ 31-45 minutes 31-45 minutes 31	1) How	many ho	ours did y	vou sleep e	each nigh	nt?	
□ 16-30 minutes □ 60 minutes □ 31-45 minutes - - 3) How many times did you wake up each night? □ 0 □ 2 □ 4 □ 1 □ 3 □ more than 4	2) How	many m	inutes di	d it take y	ou to fall	asleep?	
 31-45 minutes 3) How many times did you wake up each night? ○ 0 ○ 2 ○ 4 ○ 1 ○ 3 ○ more than 4 				□ 46-60 minutes			
 3) How many times did you wake up each night? 0 1 2 4 1 3 1 	16-30 minutes			60 minutes			
□ 0 □ 2 □ 4 □ 1 □ 3 □ more than 4	□ 31-4	15 minut	es				
□ 0 □ 2 □ 4 □ 1 □ 3 □ more than 4	3) How	many tir	mes did y	ou wake u	ıp each r	night?	
	-	•	-				
4) How often did you feel rested upon awakening?	□ 1		□ 3		🗆 more	than 4	
	4) How	often di	d you fee	l rested u	pon awa	kening?	
0 1 2 3 4 5	-	1	2	3	4		
Never Always						Always	