

Glasgow Sleep Impact Index (GSII)

PART 1: Areas

Dear participant, below are the three most important things affected by your sleep, that you filled-in and rated previously.

PART 2: ratings

Can you please give each of these areas a score, depending upon how bothered you were by it, in the past **two weeks**. Place a vertical mark through the line wherever your personal rating falls.

Here is an example:

Very bothered		Not bothered

Very bothered		Not bothered

Very bothered		Not bothered

Very bothered		Not bothered