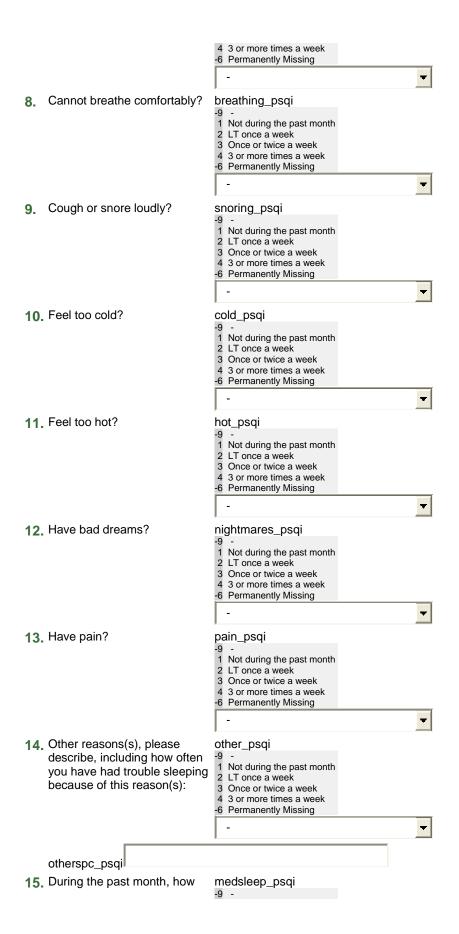
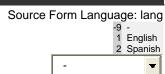
Dataset name: psqi_v2.1

Participant	ID pid D000000	Acrostic acrostic Interviewer compby V.C. vc YYY Date of Visit vis_dat (mm/dd/yyyy)
Pl		EEP QUALITY INDEX PSQI)
"Th pas repl	t month only. Your answers	CRF 2.1 pant: o your usual sleep habits during the should indicate the most accurate and nights in the past month. Please
Dur	ing the past month	
1.	At what hour have you usually gone to bed?	tobedhr_psqi (24 hour clock)
2.	How long (in minutes) has it taken you to fall asleep each night?	fallasleep_psqi (minutes)
3.	At what hour have you usually gotten up in the morning?	arisehr_psqi (24 hour clock)
4.	How many hours of actual sleep did you get last night? (This may be different than the hours you spend in bed.)	sleephrs_psqi (hours)
ofte	ing the past month, how en have you had trouble eping because you	
5.	Cannot get to sleep with 30 minutes?	insomnia_psqi -9 - 1 Not during the past month 2 LT once a week 3 Once or twice a week 4 3 or more times a week -6 Permanently Missing
6.	Wake up in the middle of the night or early morning?	wakeful_psqi -9 - 1 Not during the past month 2 LT once a week 3 Once or twice a week 4 3 or more times a week -6 Permanently Missing
7.	Have to get up to use the bathroom?	bathroom_psqi -9 - 1 Not during the past month 2 LT once a week 3 Once or twice a week







	LIFE	Acrostic
Participant ID (affix ID label here)	Interviewer Date of Visit	Visit Code

PITTSBURGH SLEEP QUALITY INDEX (PSQI)

Pre-Interview Instructions to Participant: "The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of the days and nights in the past month. Please answer all questions."					
During the past month					
At what hour have you usually gone to bed?					
2. How long (in minutes) has it taken you to fall asleep each night? Minutes					
3. At what hour have you usually gotten up in the morning?					
 How many hours of actual sleep did you ge may be different than the hours you spend 		(This			
During the past month, how often have you had trouble sleeping because you	Not during the past month(0)	Less than once a week (1)	Once or twice a week (2)	Three or more times a week (3)	
5. Cannot get to sleep with 30 minutes?					
Wake up in the middle of the night or early morning?					
7. Have to get up to use the bathroom?					
8. Cannot breathe comfortably?					
9. Cough or snore loudly?					
10. Feel too cold?					
11. Feel too hot?					
12. Have bad dreams?					
13. Have pain?					
14. Other reasons(s), please describe, including how often you have had trouble sleeping because of this reason(s):					

	LIFE	Acrostic
Participant ID (affix ID label here)		Visit Code

	Not during the past month(0)	Less than once a week (1)	Once or twice a week (2)	Three or more times a week (3)
15. During the past month, how often have you taken medicine (prescribed or "over the counter") to help you sleep?				
16. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activities?				
17. During the past month, how much of a problem has it been for you to keep enthusiasm to get things done?				
	Very good (0)	Fairly good (1)	Fairly bad (2)	Very bad (3)
18. During the past month, how would you rate your sleep quality overall?				

Pittsburgh Sleep Quality Index (PSQI)

Form Administration Instructions, References, and Scoring

Form Administration Instructions

The range of values for questions 5 through 10 are all 0 to 3.

Questions 1 through 9 are not allowed to be missing except as noted below. If these questions are missing then any scores calculated using missing questions are also missing. Thus it is important to make sure that all questions 1 through 9 have been answered.

In the event that a range is given for an answer (for example, '30 to 60' is written as the answer to Q2, minutes to fall asleep), split the difference and enter 45.

Reference

Buysse DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ: The Pittsburgh Sleep Quality Index: A new instrument for psychiatric practice and research. *Psychiatry Research* 28:193-213, 1989.

Scores - reportable in publications

On May 20, 2005, on the instruction of Dr. Daniel J. Buysse, the scoring of the PSQI was changed to set the score for Q5J to 0 if either the comment or the value was missing. This may reduce the DISTB score by 1 point and the PSQI Total Score by 1 point.

PSQIDURAT DURATION OF SLEEP

IF Q4 \geq 7, THEN set value to 0

IF Q4 < 7 and \geq 6, THEN set value to 1 IF Q4 < 6 and > 5, THEN set value to 2

IF Q4 < 5, THEN set value to 3

Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQIDISTB SLEEP DISTURBANCE

IF Q5b + Q5c + Q5d + Q5e + Q5f + Q5g + Q5h + Q5i + Q5j (IF Q5JCOM is null or Q5j is null, set the value of Q5j to 0) = 0, THEN set value to 0

IF Q5b + Q5c + Q5d + Q5e + Q5f + Q5g + Q5h + Q5i + Q5j (IF Q5JCOM is null or Q5j is null, set the value of Q5j to 0) \geq 1 and \leq 9, THEN set value to 1

IF Q5b + Q5c + Q5d + Q5e + Q5f + Q5g + Q5h + Q5i + Q5j (IF Q5JCOM is null or Q5j is null, set the value of Q5j to 0) > 9 and \leq 18, THEN set value to 2

IF Q5b + Q5c + Q5d + Q5e + Q5f + Q5g + Q5h + Q5i + Q5j (IF Q5JCOM is null or Q5j is null, set the value of Q5j to 0) > 18, THEN set value to 3

Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQILATEN SLEEP LATENCY

First, recode Q2 into Q2new thusly:

IF Q2 \geq 0 and \leq 15, THEN set value of Q2new to 0 IF Q2 > 15 and \leq 30, THEN set value of Q2new to 1 IF Q2 > 30 and \leq 60, THEN set value of Q2new to 2 IF Q2 > 60, THEN set value of Q2new to 3

Next

IF Q5a + Q2new = 0, THEN set value to 0

IF Q5a + Q2new \geq 1 and \leq 2, THEN set value to 1 IF Q5a + Q2new \geq 3 and \leq 4, THEN set value to 2

IF Q5a + Q2new > 5 and < 6, THEN set value to 3

Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQIDAYDYS DAY DYSFUNCTION DUE TO SLEEPINESS

IF Q8 + Q9 = 0, THEN set value to 0

IF Q8 + Q9 \geq 1 and \leq 2, THEN set value to 1 IF Q8 + Q9 \geq 3 and \leq 4, THEN set value to 2 IF Q8 + Q9 \geq 5 and \leq 6, THEN set value to 3

Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQIHSE SLEEP EFFICIENCY

Diffsec = Difference in seconds between day and time of day Q1 and day Q3

Diffhour = Absolute value of diffsec / 3600

newtib =IF diffhour > 24, then newtib = diffhour - 24

IF diffhour < 24, THEN newtib = diffhour

(NOTE, THE ABOVE JUST CALCULATES THE HOURS BETWEEN GNT (Q1)

AND GMT (Q3))

tmphse = (Q4 / newtib) * 100

IF tmphse \geq 85, THEN set value to 0

IF tmphse < 85 and ≥ 75 , THEN set value to 1 IF tmphse < 75 and > 65, THEN set value to 2

IF tmphse < 65, THEN set value to 3

Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQISLPQUAL OVERALL SLEEP QUALITY

Q6

Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQIMEDS NEED MEDS TO SLEEP

Q7

Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQI TOTAL

DURAT + DISTB + LATEN + DAYDYS + HSE + SLPQUAL + MEDS

Minimum Score = 0 (better); Maximum Score = 21 (worse)
Interpretation: TOTAL ≤ 5 associated with good sleep quality
TOTAL > 5 associated with poor sleep quality