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## FUNCTIONAL OUTCOMES OF SLEEP QUESTIONNAIRE

### Q1-26. Functional Outcomes of Sleep

This is another tool developed to assess sleep. The purpose of these questions is to determine if participants generally have difficulty carrying out everyday activities because they are sleepy or tired. The words 'sleepy' and 'tired' mean the feeling that you can't keep your eyes open, your head is droopy, that you want to nod off, or that you feel the urge to take a nap. These words do not refer to the tired or fatigued feeling you may have after you exercise. Each question should be answered as accurately as possible. Only one answer should be marked for each question.

### QC Checklist

- Functional Outcomes of Sleep Questionnaire completed correctly