

Sleep Disturbance – Short Form 8a

Please respond to each question or statement by marking one box per row.

In the past 7 days...

		Very poor	Poor	Fair	Good	Very good
1	My sleep quality was	☐	☐	☐	☐	☐
	In the past 7 days...					
		Not at all	A little bit	Somewhat	Quite a bit	Very much
2	My sleep was refreshing.....	☐	☐	☐	☐	☐
3	I had a problem with my sleep	☐	☐	☐	☐	☐
4	I had difficulty falling asleep	☐	☐	☐	☐	☐
5	My sleep was restless	☐	☐	☐	☐	☐
6	I tried hard to get to sleep.....	☐	☐	☐	☐	☐
7	I worried about not being able to fall asleep	☐	☐	☐	☐	☐
8	I was satisfied with my sleep.....	☐	☐	☐	☐	☐

Participant Initials:

Date: