



RATE YOUR SLEEP

Source: The items come from the 10-item Rate Your Sleep scale. Public Domain

References: This assessment was written by the [Publications Committee](#) for inclusion in the [Sleep & Health wellness brochure](#) published and copyrighted by the American Academy of Sleep Medicine (AASM).

Scale Description: A 10-item T-F scale developed by the American Academy of Sleep Medicine to evaluate the presence of common sleep difficulties and daytime tiredness.

Scoring and Algorithm

Note: For each assessment, there is an algorithm leading to one of three acuity ranges: Low, Medium, and High. The logic for the user receiving specific feedback is included in the algorithms below.

Each item has True/False answer choices.

True =1
False =0

Total score is sum of all items, possible range 0-10.

Algorithm

Total = 0	Low Acuity
Total = 1-2	Moderate Acuity
Total = 3-10	High Acuity



SLEEPASSESSMENT

The statements below describe sleep problems that you may be experiencing. Answer true or false for each one.

- | | | |
|--|------|-------|
| 1. I feel sleepy during the day, even when I get a good night's sleep. | True | False |
| 2. I get very irritable when I can't sleep. | True | False |
| 3. I often wake up at night and have trouble falling back to sleep. | True | False |
| 4. It usually takes me a long time to fall asleep. | True | False |
| 5. I often wake up very early and can't fall back to sleep. | True | False |
| 6. I usually feel achy and stiff when I wake up in the morning. | True | False |
| 7. I often seem to wake up because of dreams. | True | False |
| 8. I sometimes wake up gasping for breath. | True | False |
| 9. My bed partner says my snoring keeps her/him from sleeping. | True | False |
| 10. I've fallen asleep driving. | True | False |

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