

This tool is intended to help you begin to explore the role sleep and possible sleep problems play in your daily life. It is not intended to take the place of a professional evaluation or to serve as a diagnosis. If you are having trouble sleeping or if you believe you may be suffering symptoms of depression, talk to your healthcare provider.

Answer the following questions about your sleep **in the past 2 weeks** by circling the best answer:

1. How many hours did you sleep per night on average?

3 or less	4	5	6	7	8	9	10	11 or more
-----------	---	---	---	---	---	---	----	------------

2. Was this amount:

Too little
Adequate
Too much

3. How many days did you have a problem with sleepiness during the day?

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
---	---	---	---	---	---	---	---	---	---	----	----	----	----	----

4. How many times did you wake up during each night on average?

0	1	2	3	4	5 or more
---	---	---	---	---	-----------

5. How many days did it take you more than 30 minutes to fall asleep?

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
---	---	---	---	---	---	---	---	---	---	----	----	----	----	----

6. What was your usual sleep quality?

Bad
OK
Good

Guidelines for scoring and interpreting your responses

Add the scores for each of the questions above with numeric answers (questions 1, 3, 4 and 5).

Total = **0 - 10**: No indication of significant sleep problems.

11 - 25: Sleep needs to be observed as a potential problem and/or an aggravating factor in treatment that may require additional attention.

≥ 26: Evidence of sleep problems that should be addressed.

Share this information, along with your answers to the remaining questions (2 and 6), with your healthcare provider.

Total 2-week score: 26

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 01/2018