

Sleep Assessment Toolkit

1. Pittsburgh Sleep Quality Index (PSQI)

Purpose: Evaluate an athlete's sleep quality over the past month.

Questions

1. Bedtime: _____
2. Minutes to fall asleep: _____
3. Wake-up time: _____
4. Hours of actual sleep: _____

Rate frequency during the past month:

- Unable to fall asleep within 30 minutes
- Wake during the night/early morning
- Bathroom use
- Difficulty breathing
- Coughing/snoring
- Too cold / Too hot
- Bad dreams
- Pain
- Other sleep disturbance: _____

Response options: Never • Less than once/week • 1-2 times/week • 3+ times/week

Overall Sleep Quality

Very Good ☐ Fairly Good ☐ Fairly Bad ☐ Very Bad ☐

Sleep Medication

Never ☐ <1x/week ☐ 1-2x/week ☐ 3+x/week ☐

Daytime Sleepiness

Never ☐ <1x/week ☐ 1-2x/week ☐ 3+x/week ☐

Motivation/Enthusiasm

No problem ☐ Slight ☐ Somewhat ☐ Very big ☐

Bed Partner

None ☐ Other room ☐ Same room ☐ Same bed ☐

2. Epworth Sleepiness Scale (ESS)

Rate each situation from 0-3 (0 = Would never doze, 3 = High chance of dozing).

Situation	0	1	2	3
Sitting and reading	☐	☐	☐	☐
Watching TV	☐	☐	☐	☐
Sitting inactive in public	☐	☐	☐	☐
Passenger in car for 1 hour	☐	☐	☐	☐
Lying down to rest	☐	☐	☐	☐
Sitting and talking	☐	☐	☐	☐

Sitting quietly after lunch	☐	☐	☐	☐
Stopped in traffic	☐	☐	☐	☐

Total Score: ____ /24

3. Consensus Sleep Diary (Daily)

Question	Response
Date	_____
Time into bed	_____
Time attempted sleep	_____
Time to fall asleep	_____
Night awakenings	_____
Total awake time overnight	_____
Final awakening	_____
Out of bed	_____
Overall sleep quality (1-5)	_____
Notes	_____