Pictorial Sleepiness Scale Based on Cartoon Faces

Purpose The scale was developed as an alternative to traditional subjective measures of sleepiness. Where most self-report questionnaires require at least minimal literacy skills, the pictorial faces scale is accessible to a much wider population. Children, individuals new to the English language, and adults not proficient in reading are all capable of completing the scale.

Population for Testing The scale has been validated with individuals aged 4–73.

Administration Requiring approximately 3 min for administration, the scale is a self-report, paper-and-pencil measure.

Reliability and Validity In an initial validation study [1], developers found that results on the pictorial faces scale correlated highly with median scores obtained on the Karolinska Sleepiness Scale (Chap. 47) and the Stanford Sleepiness Scale (Chap. 91). In terms of the suitability of the cartoon faces used on the scale, 99% of participants were able to rank each face in the correct order of sleepiness.

Obtaining a Copy An example of the faces used can be found in the original article published by developers [1].

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Scoring Respondents are presented with five faces indicating varying degrees of sleepiness, and are asked to select the face most representative of their current state. Likert-type values can be assigned to each face, allowing researchers to draw comparisons between and within subjects.

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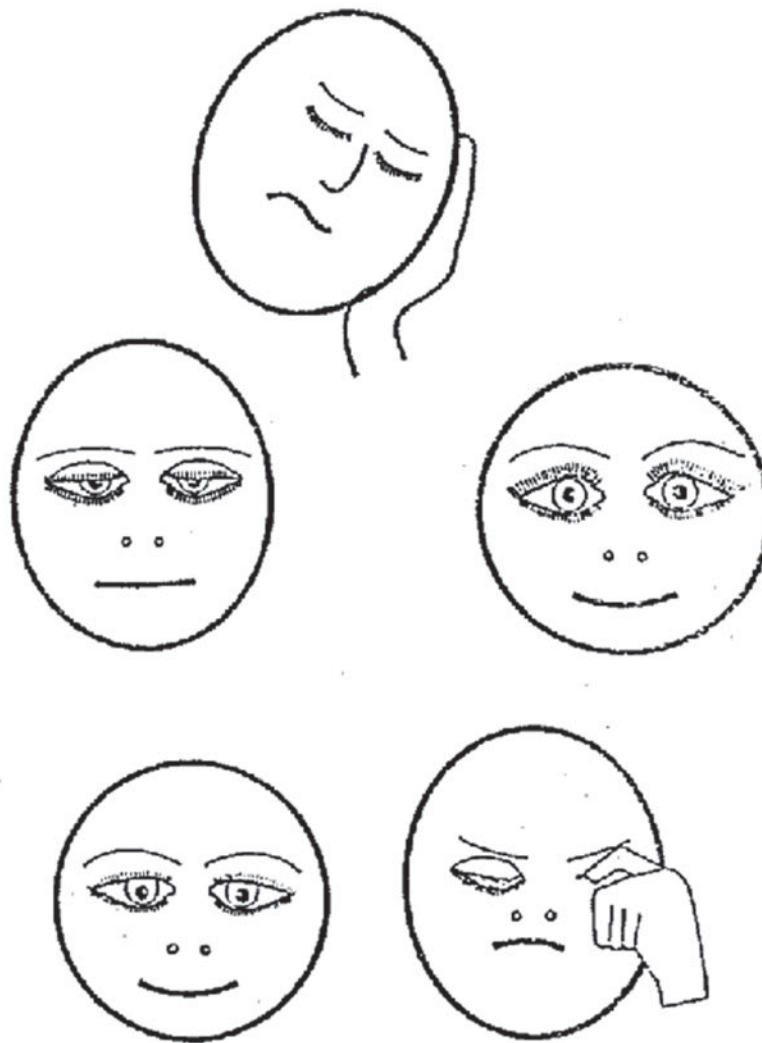
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Reference

1. Maldonado, C. C., Bentley, A. J., & Mitchell, D. (2004). A pictorial sleepiness scale based on cartoon faces. *Sleep, 27*(3), 541–548.

Representative Studies Using Scale

None.