

Sleep Self-Efficacy Scale

For the following nine questions, rate (by circling a number from 1 to 5) your ability to carry out each behavior. If you feel able to accomplish a behavior some of the time but not always, you should indicate a lower level of confidence.

1. Lie in bed, feeling physically relaxed.

1	2	3	4	5
Not confident at all				Very confident

2. Lie in bed, feeling mentally relaxed.

1	2	3	4	5
Not confident at all				Very confident

3. Lie in bed with your thoughts "turned off"

1	2	3	4	5
Not confident at all				Very confident

4. Fall asleep at night in under 30 minutes

1	2	3	4	5
Not confident at all				Very confident

5. Wake up at night fewer than 3 times

1	2	3	4	5
Not confident at all				Very confident

6. Go back to sleep within 15 minutes of waking in the night.

1	2	3	4	5
Not confident at all				Very confident

7. Feel refreshed upon waking in the morning.

1	2	3	4	5
Not confident at all				Very confident

8. Wake after a poor night's sleep without feeling upset about it.

1	2	3	4	5
Not confident at all				Very confident

9. Not allow a poor night's sleep to interfere with daily activities

1	2	3	4	5
Not confident at all				Very confident