

## CBT-I PAIRS

The statements in this questionnaire relate to how involved your partner has been with your CBT-I. Please read each statement carefully and circle the response which best fits your beliefs and experiences.

	Not at all	Hardly at all	A few times	Sometimes	More often than not	Most of the time	All the time
My partner helped me make the changes outlined during my CBT-I sessions	1	2	3	4	5	6	7
My partner encouraged me to attend all my CBT-I sessions	1	2	3	4	5	6	7
My partner does not understand why I am doing the things that I do to deal with my sleep problem	1	2	3	4	5	6	7
My partner asks me about my CBT-I sessions	1	2	3	4	5	6	7
My partner complains that my CBT-I routines are affecting our relationship	1	2	3	4	5	6	7
Our relationship has improved since I started CBT-I.	1	2	3	4	5	6	7
My partner reminds me to complete my sleep diary in the morning	1	2	3	4	5	6	7
My partner has expressed their concern that any treatment successes may only be temporary	1	2	3	4	5	6	7
My partner helps me do my relaxation exercises	1	2	3	4	5	6	7
If I were to have a relapse my partner would know how best to support me	1	2	3	4	5	6	7
If I were to struggle with some aspect of my CBT-I my partner would help me get back on track	1	2	3	4	5	6	7
My partner has commented on improvements in my day-to-day functioning	1	2	3	4	5	6	7
My partner complains about the changes that I have made to the bedroom	1	2	3	4	5	6	7
My partner understands that good sleep hygiene is important for me	1	2	3	4	5	6	7
My partner has changed their pre-sleep routine to fit with mine	1	2	3	4	5	6	7
My partner insists that I go to bed the same time that they do	1	2	3	4	5	6	7
My partner encourages me to sleep in on days off	1	2	3	4	5	6	7
My partner stays up with me later than they usually would	1	2	3	4	5	6	7
My partner will wake me if I am having a nap / dozing	1	2	3	4	5	6	7
My partner will encourage me to go to bed if I start to doze off	1	2	3	4	5	6	7
My partner complains of me getting in and out of bed during the night	1	2	3	4	5	6	7
My partner has helped me find things to do when I am up during the night	1	2	3	4	5	6	7
My partner says I should stay in bed for longer and try harder to sleep when I cannot sleep	1	2	3	4	5	6	7
My partner now gets up at the same time as me in the morning	1	2	3	4	5	6	7
My partner reminds me to complete my cognitive diary	1	2	3	4	5	6	7
My partner says that they do not understand why I do my distraction techniques	1	2	3	4	5	6	7
My partner will interrupt me whilst I am doing my distraction techniques	1	2	3	4	5	6	7
My partner voices significant concerns about the impact of my sleep problem on my health	1	2	3	4	5	6	7
My partner has noticed improvements in my mood.	1	2	3	4	5	6	7
My partner noticed improvements in my energy levels.	1	2	3	4	5	6	7
My partner tells me that my sleep is still affecting my day-to-day functioning	1	2	3	4	5	6	7
Our sex life has improved since I started CBT-I	1	2	3	4	5	6	7
My partner understands my insomnia better now	1	2	3	4	5	6	7
My partner understands why I need to make the changes to my sleep behaviors that I am being asked to make	1	2	3	4	5	6	7

	None	Some, but less than I needed	Just the right amount	More than I needed	Far too much
Overall, how much support have you felt that you got from your partner with your CBT-I	-2	-1	0	1	2