

Purpose Consisting of 28 items, the SQS evaluates six domains of sleep quality: daytime symptoms, restoration after sleep, problems initiating and maintaining sleep, difficulty waking, and sleep satisfaction. Developers hoped to create a scale that could be used as an all-inclusive assessment tool – a general, efficient measure suitable for evaluating sleep quality in a variety of patient and research populations.

Population for Testing The scale has been validated in individuals aged 18–59 years.

Administration Requiring between 5 and 10 min for administration, the scale is a simple self-report, pencil-and-paper measure.

Reliability and Validity An initial psychometric evaluation conducted by Yi and colleagues [1] found an internal consistency of .92, a test-retest reliability of .81. The SQS is strongly correlated with results obtained on the Pittsburgh Sleep Quality Index (Chap. 67). Scores achieved by the insomnia sample were significantly higher than those of controls, indicating good construct validity.

Obtaining a Copy A list of the scale's 28 items can be found in the original article published by developers [1].

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Scoring Using a four-point, Likert-type scale, respondents indicate how frequently they exhibit certain sleep behaviors (0 = “few,” 1 = “sometimes,” 2 = “often,” and 3 = “almost always”). Scores on items belong to factors 2 and 5 (restoration after sleep and satisfaction with sleep) and are reversed before being tallied. Total scores can range from 0 to 84, with higher scores denoting more acute sleep problems.

Sleep Quality Scale

The following survey is to know the quality of sleep you had for the last one month. Read the questions and check the closest answer.

Examples

Rarely : None or 1-3 times a month

Sometimes : 1-2 times a week

Often : 3-5 times a week

Almost always : 6-7 times a week

| | | Rarely | Sometimes | Often | Almost always |
|----|--|--------|-----------|-------|------------------|
| 1 | I have difficulty falling asleep. | | | | |
| 2 | I fall into a deep sleep. | | | | |
| 3 | I wake up while sleeping. | | | | |
| 4 | I have difficulty getting back to sleep once I wake up in middle of the night. | | | | |
| 5 | I wake up easily because of noise. | | | | |
| 6 | I toss and turn. | | | | |
| 7 | I never go back to sleep after awakening during sleep. | | | | |
| 8 | I feel refreshed after sleep. | | | | |
| 9 | I feel unlikely to sleep after sleep. | | | | |
| 10 | Poor sleep gives me headaches. | | | | |
| 11 | Poor sleep makes me irritated. | | | | |
| 12 | I would like to sleep more after waking up. | | | | |
| 13 | My sleep hours are enough. | | | | |
| 14 | Poor sleep makes me lose my appetite. | | | | |
| 15 | Poor sleep makes hard for me to think. | | | | |
| 16 | I feel vigorous after sleep. | | | | |
| 17 | Poor sleep makes me lose interest in work or others. | | | | |
| 18 | My fatigue is relieved after sleep. | | | | |

| | | Rarely | Sometimes | Often | Almost always |
|----|--|--------|-----------|-------|------------------|
| 19 | Poor sleep causes me to make mistakes at work. | | | | |
| 20 | I am satisfied with my sleep. | | | | |
| 21 | Poor sleep makes me forget things more easily. | | | | |
| 22 | Poor sleep makes it hard to concentrate at work. | | | | |
| 23 | Sleepiness interferes with my daily life. | | | | |
| 24 | Poor sleep makes me lose desire in all things. | | | | |
| 25 | I have difficulty getting out of bed. | | | | |
| 26 | Poor sleep makes me easily tired at work. | | | | |
| 27 | I have a clear head after sleep. | | | | |
| 28 | Poor sleep makes my life painful. | | | | |

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A number of translated versions such as the two that follow can be found on our website: www.sleepontario.com

☞ 다음은 귀하의 지난 한달 동안의 수면의 질을 알아보기 위한 것입니다. 각 질문과 아래의 보기를 읽고 가장 가깝다고 생각되는 곳에 v표하여 주십시오.

< 보기 >

거의 그렇지 않다 : 한 달 동안 한 번도 없었거나, 월 1-3 회

가끔 그렇다 : 일주일에 1-2 회

자주 그렇다 : 일주일에 3-5 회

거의 항상 그렇다 : 일주일에 6-7 회

| | 지난 한달 동안에 | 거의 그렇지 않다 | 가끔 그렇다 | 자주 그렇다 | 거의 항상 그렇다 |
|----|---------------------------|-----------------|-----------|-----------|-----------------|
| 1 | 잠드는데 어려움이 있다 | | | | |
| 2 | 잠이 깊이 든다 | | | | |
| 3 | 잠을 자다가 깬다 | | | | |
| 4 | 잠을 자다가 깨면 다시 잠드는데 어려움이 있다 | | | | |
| 5 | 소음으로 인해 잠이 쉽게 깬다 | | | | |
| 6 | 잠을 설친다 | | | | |
| 7 | 잠을 자다가 깨면 다시 잠들지 못한다 | | | | |
| 8 | 잠을 자고 일어나면 몸이 개운하다 | | | | |
| 9 | 잠을 자고 일어나도 자고 난 것 같지 않다 | | | | |
| 10 | 잠을 못자기 때문에 머리가 아프다 | | | | |
| 11 | 잠을 못자기 때문에 짜증이 난다 | | | | |

| | 지난 한달 동안에 | 거의 그렇지 않다 | 가끔 그렇다 | 자주 그렇다 | 거의 항상 그렇다 |
|----|-----------------------------------|-----------------|-----------|-----------|-----------------|
| 12 | 잠을 자고 일어날 때 더 자고 싶은 생각이 든다 | | | | |
| 13 | 수면 시간이 충분하다 | | | | |
| 14 | 잠을 못자기 때문에 식욕이 떨어진다 | | | | |
| 15 | 잠을 못자기 때문에 생각하는데 어려움이 있다 | | | | |
| 16 | 잠을 자고 일어나면 활력을 되찾는다 | | | | |
| 17 | 잠을 못자기 때문에 일이나 다른 사람에 대한 관심이 줄어든다 | | | | |
| 18 | 잠을 자고 일어나면 피로가 풀린다 | | | | |
| 19 | 잠을 못자기 때문에 일하는데 실수가 많아진다 | | | | |
| 20 | 전반적으로 수면(잠)에 대해 만족한다 | | | | |
| 21 | 잠을 못자기 때문에 건망증이 심해진다 | | | | |
| 22 | 잠을 못자기 때문에 일에 집중하기가 어렵다 | | | | |
| 23 | 졸음이 일상생활에 지장을 준다 | | | | |
| 24 | 잠을 못자기 때문에 의욕이 떨어진다 | | | | |
| 25 | 잠을 자고 난 후 잠자리에서 일어나기가 어렵다 | | | | |
| 26 | 잠을 못자기 때문에 일할 때 빨리 피로해진다 | | | | |
| 27 | 잠을 자고 일어나면 머리가 맑다 | | | | |
| 28 | 잠을 못자기 때문에 삶이 고통스럽다 | | | | |

Reference

1. Yi, H., Shin, K., & Shin, C. (2006). Development of the sleep quality scale. *Journal of Sleep Research, 15*(3), 309–316.

Representative Studies Using Scale

- Howell, A. J., Digdon, N. L., Buro, K., & Sheptycki, A. R. (2008). Relations among mindfulness, well-being, and sleep. *Personality and Individual Differences, 45*, 773–777.