

Sleep Questionnaire

This sleep questionnaire assesses the quality and duration of sleep and sleep disturbances in patients. It is a valuable tool for identifying possible sleep disorders that may affect mental and physical health.

Number of questions	14 questions
Estimated duration	3 minutes
Language	English
Original name	Mentaal Sleep Questionnaire

Preview of the 14 questions

During the past month,

How would you rate the overall quality of your sleep?

Very good | Fairly good | Fairly bad | Very bad

During the past month,

How long has it generally taken you to fall asleep each night?

Less than 15 minutes | 15 to 30 minutes | 30 to 60 minutes | More than 60 minutes

During the past month,

Do you have difficulty falling asleep when you go to bed?

Never | Rarely | Sometimes | Often | Very often

During the past month,

On average, how many hours do you sleep per night?

More than 7 hours | 6 to 7 hours | 5 to 6 hours | Less than 5 hours

During the past month,

Do you consider this amount of sleep sufficient to feel rested?

Completely sufficient | Somewhat sufficient | Somewhat insufficient | Completely insufficient

The full questionnaire (14 questions) is administered online on Mentaal.

Administer this questionnaire online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org

Scoring & interpretation

Automatic scoring with Mentaal

The scored results will be sent to you automatically as soon as your patient completes the questionnaire. Here's an example:

Scoring

TOTAL SCORE

44%

- Raw score: 36 / 64 (scale from 14 to 64)
- 14 questions

Summary

The responses indicate very poor sleep quality accompanied by significant difficulty falling asleep and numerous nighttime awakenings. There is a persistent feeling of nonrestorative sleep, which could contribute to frequent daytime sleepiness. Although medication use is not mentioned, the impact on mood and social interactions appears significant. These elements could suggest disturbances affecting general well-being, requiring particular attention from a psychological and clinical standpoint.