

Pittsburgh Sleep Quality Index (PSQI)

The Pittsburgh Sleep Quality Index (PSQI) is a questionnaire that measures sleep quality and patterns. It assesses 7 components: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medication, and daytime sleepiness or daytime dysfunction.

Number of questions	19 questions
Estimated duration	4 minutes
Language	English
Original name	Pittsburgh Sleep Quality Index
Target audience	Adults
Authors	Daniel J. Buysse, Charles F. Reynolds III, Timothy H. Monk, Susan R. Berman, David J. Kupfer (1989)
Category	General

Preview of the 19 questions

Over the past month,

What time did you usually go to bed at night?

Over the past month,

How long did it usually take you to fall asleep each night?

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

Over the past month,

What time did you usually get up in the morning?

Over the past month,

How many hours of actual sleep did you get per night?

This number may differ from the number of hours you spent in bed.

Over the past month, how often have you had trouble sleeping because...

You couldn't fall asleep in under 30 min

Not in the past month | Less than once a week | Once or twice a week | Three or four times a week

Scoring & interpretation

When scoring the PSQI, 7 component scores are established, each rated from 0 (no difficulty) to 3 (severe difficulty). These scores are then summed to obtain a global score (ranging from 0 to 21). A high score indicates poorer sleep quality.

Usage

This tool is not available on Mentaal. To access this questionnaire, please go to the website of the official distributor, Mapi Research Trust, and submit a request on ePROVIDE™

Go to ePROVIDE™