

### The Groningen Sleep Quality Scale

Circle True or False for each question.

I had a deep sleep last night	True	False
I feel like I slept poorly last night	True	False
It took me more than half an hour to fall asleep last night	True	False
I felt tired after waking up this morning	True	False
I woke up several times last night	True	False
I feel like I didn't get enough sleep last night	True	False
I got up in the middle of the night	True	False
I felt rested after waking up this morning	True	False
I feel like I only had a couple hours of sleep last night	True	False
I feel I slept well last night	True	False
I didn't sleep a wink last night	True	False
I didn't have any trouble falling asleep last night	True	False
After I woke up last night, I had trouble falling asleep again	True	False
I tossed and turned all night last night	True	False
I didn't get more than 5 hours sleep last night	True	False

#### **Scoring:**

The first question doesn't count toward the total score.

One point if answer is "True" for questions 2, 3, 4, 5, 6, 7, 9, 11, 13, 14, 15

One point if answer is "False" for questions 8, 10, 12

**Maximum score of 14 points indicates poor sleep the night before.**

**NOTE:** The Groningen Sleep Quality Scale is a **tool** that can be used to understand your patterns in overall sleep quality. Answer these 15 questions for at least 14 days in a row to help understand your individual sleep patterns.