

Name: _____

Date: _____

FUNCTIONAL OUTCOMES OF SLEEP QUESTIONNAIRE

Some people have difficulty performing everyday activities when they feel tired or sleepy. The purpose of this questionnaire is to find out if you generally have difficulty carrying out certain activities because you are too sleepy or tired. In this questionnaire, when the words “sleepy” or “tired” are used, it means the feeling that you can’t keep your eyes open, your head is droopy, that you want to “nod off”, or that you feel the urge to take a nap. These words do not refer to the tired or fatigued feeling you may have after you have exercised.

DIRECTIONS: Please put an (x) in the box for your answer to each question. Select only one answer for each question. Please try to be as accurate as possible. All information will be kept confidential.

	N/A*	(4) No Difficulty	(3) Yes, a little difficulty	(2) Yes, moderate difficulty	(1) Yes, extreme difficulty
1. Do you have difficulty concentrating on the things you do because you are sleepy or tired?					
2. Do you generally have difficulty remembering things because you are sleepy or tired?					
3. Do you have difficulty finishing a meal because you become sleepy or tired?					
4. Do you have difficulty working on a hobby because you are sleepy or tired?					
5. Do you have difficulty doing work around the house because you are sleepy or tired?					
6. Do you have difficulty operating a motor vehicle for short distances because you become sleepy or tired?					
7. Do you have difficulty operating a motor vehicle for long distances because you become sleepy or tired?					
8. Do you have difficulty getting things done because you are too sleepy or tired to drive or take public transportation?					
9. Do you have difficulty taking care of financial affairs and doing paperwork because you are sleepy or tired?					
10. Do you have difficulty performing employed or volunteer work because you are sleepy or tired?					
11. Do you have difficulty maintaining a telephone conversation because you become sleepy or tired?					

* Note: please choose the N/A response if you do not do this activity for other reasons

Name: _____

Date: _____

	N/A *	(4) No Difficulty	(3) Yes, a little difficulty	(2) Yes, moderate difficulty	(1) Yes, extreme difficulty
12. Do you have difficulty visiting with your family or friends in <u>your</u> home because you become sleepy or tired?					
13. Do you have difficulty visiting with family or friends in <u>their</u> home because you become sleepy or tired?					
14. Do you have difficulty doing things for your family or friends because you are too sleepy or tired?					

		(4) No	(3) Yes, a little	(2) Yes, moderately	(1) Yes, extremely
15. Has your relationship with family, friends, or work colleagues been affected because you are too sleepy or tired?					

In what way has your relationship been affected?

	N/A *	(4) No Difficulty	(3) Yes, a little difficulty	(2) Yes, moderate difficulty	(1) Yes, extreme difficulty
16. Do you have trouble exercising or participating in a sporting activity because you are too sleepy or tired?					
17. Do you have difficulty watching a movie because you are too sleepy or tired?					
18. Do you have difficulty enjoying the theater or a lecture because you become too sleepy or tired?					
19. Do you have difficulty enjoying a concert because you become too sleepy or tired?					
20. Do you have difficulty watching TV because your become too sleepy or tired?					

* Note: please choose the N/A response if you do not do this activity for other reasons

Name: _____

Date: _____

	N/A*	(4) No Difficulty	(3) Yes, a little difficulty	(2) Yes, moderate difficulty	(1) Yes, extreme difficulty
21. Do you have difficulty participating in religious services, meetings, or a group or club because you are sleepy or tired?					
22. Do you have difficulty being as active as you want to be in the <u>evening</u> because you are sleepy or tired?					
23. Do you have difficulty being as active as you want to be in the <u>morning</u> because you are sleepy or tired?					
24. Do you have difficulty being as active as you want to be in the <u>afternoon</u> because you are sleepy or tired?					
25. Do you have difficulty keeping pace with others your own age because you are sleepy or tired?					

	(1) Very low	(2) Low	(3) Medium	(4) High
26. How would you rate your general level of activity?				

	(0) N/A*	(4) No	(3) Yes, a little difficulty	(2) Yes, moderate difficulty	(1) Yes, extreme difficulty
27. Has your intimate or sexual relationship been affected because you are sleepy or tired?					
28. Has your desire for intimacy or sex been affected because you are sleepy or tired?					
29. Has your ability to become sexually aroused been affected because you are sleepy or tired?					
30. Has your ability to have an orgasm been affected because you are sleepy or tired?					

* Note: please choose the N/A response if you do not do this activity for other reasons