Karolinska sleep questionnaire

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Have you perceived any of the following complaints during the last three months?

 **never seldom some- fairly most of always**

 **times often the tieme**

 some several 3-4 5 or every

 times times times more day

 per year per mo. per week times/w

difficulties falling asleep............................................... ❒ ❒ ❒  ❒

difficulties awakening................................................... ❒ ❒ ❒ ❒ ❒

repeated awakenings (with difficulties

 going back to sleep)..........................................  ❒ ❒ ❒ ❒ ❒

heavy snoring..............................................................  ❒ ❒ ❒ ❒ ❒

insufficient sleep ......................................................... ❒ ❒ ❒ ❒ ❒

Gasping for breath during sleep  ❒ ❒ ❒ ❒ ❒

nightmares..................................................................  ❒ ❒ ❒ ❒ ❒

Brief cessation of breathing during sleep

not feeling refreshed at wake-up.................................. ❒ ❒ ❒ ❒ ❒

premature (final) awakening........................................ ❒ ❒ ❒ ❒ ❒

disturbed/restless sleep................................................. ❒ ❒ ❒ ❒ ❒

feeling of exhaustion at the awakening........................ ❒ ❒ ❒ ❒ ❒

sleepiness during work ................................................ ❒ ❒ ❒ ❒ ❒

sleepiness during free time........................................... ❒ ❒ ❒ ❒ ❒

mental fatigue............................................................... ❒ ❒ ❒ ❒ ❒

unintentional dozing off (naps) during work...............  ❒ ❒ ❒ ❒ ❒

unintentional dozing off (naps) during free time.......... ❒ ❒ ❒ ❒ ❒

have to fight sleep to be able to stay awake................. ❒ ❒ ❒ ❒ ❒

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At which time do you normally go to sleep? During work days: clock time\_\_\_\_\_\_\_\_\_

 During days off: clock time \_\_\_\_\_\_\_\_\_\_

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At which time do you normally wake-up? During work days: clock time\_\_\_\_\_\_\_\_

 During days off: clock time\_\_\_\_\_\_\_\_\_\_

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How long time are you awake before During work days:\_\_\_\_\_\_\_\_\_min

you fall asleep?

 During days off:\_\_\_\_\_\_\_\_\_\_\_\_\_min

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How much sleep do you need? hours \_\_\_\_\_\_ minutes\_\_\_\_\_\_\_\_

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 How often do you take naps?  never

  seldom (some time per year)

  occasionally (some time per month)

  often (several times per week)

  always (every day)

If you take a nap, how long is it? hours\_\_\_\_\_ minutes\_\_\_\_\_

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Are you an evening or an morning-type person?  extreme morning-type

  more morning than evening-type

  neither morning nor evening-type

  more evening than morning-type

  extreme evening-type

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Do you get sufficient sleep?  Yes, definitely enough

  Yes, almost enough

  No, slightly too little

  No, clearly too little

  No, definitely too little

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How is your sleep in general?  Very good

  Fairly good

  Neither good nor poor

  Fairly poor

  Very poor

To what extent is sleep a problem for you  A very big problem

  A rather big problem

  Some proble but I can handle it

  A marginal problem

  No problem