Sleep Quality Self-Report

About: This scale is a self-report measure of sleep quality.

Items: 1

Reliability:
Test-retest reliability (1 week) was 0.91 and 0.90.

Validity:
Correlations between this self-report sleep scale and the MOS Sleep subscales were statistically significant with the exception of the MOS Snoring subscale.

Scoring:
Scoring is measured using an 11-point Likert scale, with a 0 meaning worst possible sleep and 10 meaning best possible sleep.

References:

<table>
<thead>
<tr>
<th>Worst Possible Sleep</th>
<th>Best Possible Sleep</th>
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<tbody>
<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
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