

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:

Cappelleri, J. C., Bushmakin, A. G., McDermott, A. M., Sadosky, A. B., Petrie, C. D., Martin, S. (2009). [Psychometric properties of a single-item scale to assess sleep quality among individuals with fibromyalgia](#). *Health Quality of Life Outcomes*, 7, p 54.

Worst Possible Sleep						Best Possible Sleep				
0	1	2	3	4	5	6	7	8	9	10