My beliefs about sleep

Several statements reflecting people's beliefs and attitudes about sleep are listed below. Please indicate to what extent <u>you personally agree or disagree with each statement.</u> For each statement, circle the number that corresponds to your own personal belief. Please respond to all items even though some may not directly apply to your situation.

1. I need 8 hours of sleep to feel refreshed and function well during the day.

0	1	2	3	4	5	6	7	8	9	10
Strongly										Strongly
disagree										agree

2. When I don't get the proper amount of sleep on a given night, I need to catch up the next day by napping or the next night sleeping longer.

0	1	2	3	4	5	6	7	8	9	10
Strongly										Strongly
disagree										agree

3. I am concerned that chronic insomnia may have serious consequences on my physical health.

0	1	2	3	4	5	6	7	8	9	10
Strongly										Strongly
disagree										agree

4. I am worried that I mat lose control over my abilities to sleep.

0	1	2	3	4	5	6	7	8	9	10
Strongly										Strongly
disagree										agree

5. After a poor night's sleep, I know it will interfere with my activities the next day.

0	1	2	3	4	5	6	7	8	9	10
Strongly										Strongly
disagree										agree

			inction er than						I wo	ould be better off taking a
0_Strong		2	3	4	5	6	7	8	9	10 Strongly agree
			ble, depenight			anxiou	s durir	ng the o	day i	it is mostly because I did
0 Strong disagre		2	3	4	5	6	7	8	9	10 Strongly agree
	en I sle le weel		orly one	e nigh	t, I kn	ow it	will di	sturb n	ny sl	eep schedule for the
0_ Strong disagre	•	2	3	4	5	6	7	8	9	Strongly agree
9. With	nout an	adequ	iate nig	ght's s	leep,	I can l	nardly	functio	on th	e next day.
0_ Strong disagre		2	3	4	5	6	7	8	9	Strongly agree
10. I car	i't evei	r predi	ct whet	ther I'	ll hav	e a go	od or p	oor ni	ght'	s sleep.
0_ Strong disagre	-5	2	3	4	5	6	7	8	9	Strongly agree
11. I hav	ve little	e abilit	y to ma	ınage	the no	egative	e conse	equenc	es of	f disturbed sleep.
0_ Strong	1 ly	2	3	4	5	6	7	8	9	10 Strongly

agree

disagree

12. When I feel tired, have no energy or just seem not to function well during the day, it is generally because I did not sleep well the night before.											
0 Strongly disagree	1	2	3	4	5	6	7	8	9	10 Strongly agree	
13. I believ	ve ins	somnia	is esse	ntial	ly the	result	of a che	emic	al im	balance.	

0	1	2	3	4	5	6	7	8	9	10
Strongly										Strongly
disagree										agree

14. I feel insomnia is ruining my ability to enjoy life and prevents me from doing what I want.

0	1	2	3	4	5	6	7	8	9	10
Strongly										Strongly
disagree										agree

15. Medication is probably the only solution to sleeplessness.

0	1	2	3	4	5	6	7	8	9	10
Strongly										Strongly
disagree										agree

16. I avoid or cancel obligations (social, family) after a poor night's sleep.

0	1	2	3	4	5	6	7	8	9	10
Strongly										Strongly
disagree										agree

Add up all of your responses and divide by 16. Is your score 4 or greater? Those with scores 4 or greater, or those with high rating on an individual item (i.e., 6 or greater) may have unrealistic expectations for sleep or their thoughts about their sleep or their ability to cope with sleep loss have become a factor in their sleep problem.