



6. To be alert and function well during the day, I believe I would be better off taking a sleeping pill rather than having a poor night's sleep.

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

7. When I feel irritable, depressed or anxious during the day it is mostly because I did not sleep well the night before.

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

8. When I sleep poorly one night, I know it will disturb my sleep schedule for the whole week.

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

9. Without an adequate night's sleep, I can hardly function the next day.

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

10. I can't ever predict whether I'll have a good or poor night's sleep.

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

11. I have little ability to manage the negative consequences of disturbed sleep.

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

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

13. I believe insomnia is essentially the result of a chemical imbalance.

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

15. Medication is probably the only solution to sleeplessness.

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