

## WHOLE WEEK SELF-ASSESSMENT OF SLEEP SURVEY (SASS)

Please answer the following questions about your sleep **during the PREVIOUS WEEK.**

1. What time did you get into bed, on average? \_\_\_\_\_ AM/PM
2. What time did you try to go to sleep, on average? \_\_\_\_\_ AM/PM
3. How long did it take you to fall asleep, on average? \_\_\_\_\_ Hours and \_\_\_\_\_ Min.
4. How many times did you wake up, not counting your final awakening, on average? \_\_\_\_\_
5. How long did these awakenings last (in total), on average? \_\_\_\_\_ Hours and \_\_\_\_\_ Min.
6. What time was your final awakening, on average? \_\_\_\_\_ AM/PM
7. On average, what time did you get out of bed for the day? \_\_\_\_\_ AM/PM
8. How would you rate the average quality of your sleep? (Check one)  
 Very Poor    Poor    Fair    Good    Very Good
9. How long have you slept this way? \_\_\_\_\_ Year(s) \_\_\_\_\_ Month(s) \_\_\_\_\_ Week(s)

Please cite as: Dietch, J.R., Sethi, K., Slavish, D.C., & Taylor, D.J. (2019). Validity of two retrospective questionnaire versions of the Consensus Sleep Diary: the Whole Week and Split Week Self-Assessment of Sleep Surveys. *Sleep Medicine*, 63, 127-136. doi: 10.1016/j.sleep.2019.05.015

Adapted from Carney, C. E., Buysse, D. J., Ancoli-Israel, S., Edinger, J. D., Krystal, A. D., Lichstein, K. L., & Morin, C. M. (2012). The Consensus Sleep Diary: standardizing prospective sleep self-monitoring. *Sleep*, 35(2), 287-302. doi: 10.5665/sleep.1642

## SPLIT WEEK SELF-ASSESSMENT OF SLEEP SURVEY (SASS-Y)

Please answer the following questions about your sleep on **WEEKDAYS** during the previous week (**Sunday night through Friday morning**)

1. What time did you get into bed, on average? \_\_\_\_\_ AM/PM
2. What time did you try to go to sleep, on average? \_\_\_\_\_ AM/PM
3. How long did it take you to fall asleep, on average? \_\_\_\_\_ Hours and \_\_\_\_\_ Min.
4. How many times did you wake up, not counting your final awakening, on average? \_\_\_\_\_
5. How long did these awakenings last (in total), on average? \_\_\_\_\_ Hours and \_\_\_\_\_ Min.
6. What time was your final awakening, on average? \_\_\_\_\_ AM/PM
7. On average, what time did you get out of bed for the day? \_\_\_\_\_ AM/PM
8. How would you rate the average quality of your sleep? (Check one)  
 Very Poor    Poor    Fair    Good    Very Good
9. How long have you slept this way? \_\_\_\_\_ Year(s) \_\_\_\_\_ Month(s) \_\_\_\_\_ Week(s)

Please answer the following questions about your sleep on the **WEEKEND** during the previous week (**Friday Night through Sunday Morning**)

10. What time did you get into bed, on average? \_\_\_\_\_ AM/PM
11. What time did you try to go to sleep, on average? \_\_\_\_\_ AM/PM
12. How long did it take you to fall asleep, on average? \_\_\_\_\_ Hours and \_\_\_\_\_ Min.
13. How many times did you wake up, not counting your final awakening, on average? \_\_\_\_\_
14. How long did these awakenings last (in total), on average? \_\_\_\_\_ Hours and \_\_\_\_\_ Min.
15. What time was your final awakening, on average? \_\_\_\_\_ AM/PM
16. On average, what time did you get out of bed for the day? \_\_\_\_\_ AM/PM
17. How would you rate the average quality of your sleep? (Check one)  
 Very Poor    Poor    Fair    Good    Very Good
18. How long have you slept this way? \_\_\_\_\_ Year(s) \_\_\_\_\_ Month(s) \_\_\_\_\_ Week(s)

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