

Useful Questionnaires to Evaluate Sleep and Circadian Health

Dimensions of Sleep
RU-SATED
Functional Outcomes of Sleep Questionnaire (FOSQ)
Pittsburgh Sleep Quality Index (PSQI)
Sleep Quality Scale (SQS)
Basic Nordic Sleep Questionnaire (BNSQ)
Richards Campbell Sleep Questionnaire (RCSQ)
Excessive Daytime Sleepiness
Epworth Sleepiness Scale (ESS)
Stanford Sleepiness Scale (SSS)
SCOPA-Sleep-Daytime Sleepiness subscale
Karolinska Sleepiness Scale
Circadian Rhythm
Morningness - Eveningness Questionnaire (MEQ)
Munich Chronotype Questionnaire (MCTQ)
The Sleep Timing Questionnaire (STQ)
Insomnia
Sleep Condition Indicator (SCI)
Insomnia Severity Index (ISI)
Bergen Insomnia Scale (BIS)
Daytime Insomnia Symptom Scale (DISS)
Insomnia Symptom Questionnaire (ISQ)
Pittsburgh Insomnia Rating Scale (PIRS)
The Arabic Scale of Insomnia (ASI)
Athens Insomnia Scale
Sleep Apnea
Sleep Disorders Questionnaire (SDQ)
Berlin Questionnaire
STOP BANG
OSA50
Self-efficacy in Sleep apnea (SEMSA)
Calgary Sleep Apnea Quality of Life Index (SAQLI)
Quebec Sleep Questionnaire (QSQ)
STOP Questionnaire (SQ)

Restless Legs Syndrome
International Restless Legs Scale (IRLS)
Augmentation Severity Rating Scale (ASRS)
Restless Legs Syndrome Quality of Life Questionnaire (RLSQoL)
Restless Legs Syndrome- Diagnostic Index (RLS-DI)19
Kohnen Restless Legs Syndrome Quality of Life Questionnaire (KRLS-QOL)
Pediatric Restless Legs Syndrome Severity Scale (P-RLS-SS)
Hypersomnias
Cataplexy questionnaire
Swiss narcolepsy scale (SNS)
Ullanlinna narcolepsy scale (UNS)
Idiopathic Hypersomnia Severity Scale
Fatigue severity scale (FSS)
Multidimensional assessment of fatigue (MAF)
Multidimensional fatigue inventory (MFI-20)
Others
Mini Sleep Questionnaire (MSQ)
Oviedo Sleep Questionnaire (OSQ)
Athens Sleep Questionnaire (ASQ)
Simple Four Variables (SFV)
Daily Cognitive Communication and Sleep Profile (DCCASP)
Brock sleep and insomnia questionnaire (BSIQ)
Dysfunctional beliefs and attitudes about sleep scale (DBAS)
Glasgow Coma Scale (GCS)
Leeds Sleep Evaluation Questionnaire (LSEQ)
Global Sleep Assessment Questionnaire (GSAQ)
Wisconsin Sleep Questionnaire (WSQ)