# Useful Questionnaires to Evaluate Sleep and Circadian Health

## Dimensions of Sleep

<table>
<thead>
<tr>
<th>Questionnaire</th>
</tr>
</thead>
<tbody>
<tr>
<td>RU-SATED</td>
</tr>
<tr>
<td><strong>Functional Outcomes of Sleep Questionnaire (FOSQ)</strong></td>
</tr>
<tr>
<td><strong>Pittsburgh Sleep Quality Index (PSQI)</strong></td>
</tr>
<tr>
<td><strong>Sleep Quality Scale (SQS)</strong></td>
</tr>
<tr>
<td>Basic Nordic Sleep Questionnaire (BNSQ)</td>
</tr>
<tr>
<td>Richards Campbell Sleep Questionnaire (RCSQ)</td>
</tr>
</tbody>
</table>

## Excessive Daytime Sleepiness

<table>
<thead>
<tr>
<th>Questionnaire</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Epworth Sleepiness Scale (ESS)</strong></td>
</tr>
<tr>
<td><strong>Stanford Sleepiness Scale (SSS)</strong></td>
</tr>
<tr>
<td>SCOPA-Sleep-Daytime Sleepiness subscale</td>
</tr>
<tr>
<td>Karolinska Sleepiness Scale</td>
</tr>
</tbody>
</table>

## Circadian Rhythm

<table>
<thead>
<tr>
<th>Questionnaire</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morningness - Eveningness Questionnaire (MEQ)</strong></td>
</tr>
<tr>
<td><strong>Munich Chronotype Questionnaire (MCTQ)</strong></td>
</tr>
<tr>
<td><strong>The Sleep Timing Questionnaire (STQ)</strong></td>
</tr>
</tbody>
</table>

## Insomnia

<table>
<thead>
<tr>
<th>Questionnaire</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sleep Condition Indicator (SCI)</strong></td>
</tr>
<tr>
<td><strong>Insomnia Severity Index (ISI)</strong></td>
</tr>
<tr>
<td>Bergen Insomnia Scale (BIS)</td>
</tr>
<tr>
<td><strong>Daytime Insomnia Symptom Scale (DISS)</strong></td>
</tr>
<tr>
<td><strong>Insomnia Symptom Questionnaire (ISQ)</strong></td>
</tr>
<tr>
<td><strong>Pittsburgh Insomnia Rating Scale (PIRS)</strong></td>
</tr>
<tr>
<td><strong>The Arabic Scale of Insomnia (ASI)</strong></td>
</tr>
<tr>
<td><strong>Athens Insomnia Scale</strong></td>
</tr>
</tbody>
</table>

## Sleep Apnea

<table>
<thead>
<tr>
<th>Questionnaire</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sleep Disorders Questionnaire (SDQ)</strong></td>
</tr>
<tr>
<td><strong>Berlin Questionnaire</strong></td>
</tr>
<tr>
<td><strong>STOP BANG</strong></td>
</tr>
<tr>
<td><strong>OSA50</strong></td>
</tr>
<tr>
<td><strong>Self-efficacy in Sleep apnea (SEMSA)</strong></td>
</tr>
<tr>
<td><strong>Calgary Sleep Apnea Quality of Life Index (SAQLI)</strong></td>
</tr>
<tr>
<td><strong>Quebec Sleep Questionnaire (QSQ)</strong></td>
</tr>
<tr>
<td><strong>STOP Questionnaire (SQ)</strong></td>
</tr>
<tr>
<td><strong>Restless Legs Syndrome</strong></td>
</tr>
<tr>
<td>---------------------------</td>
</tr>
<tr>
<td>International Restless Legs Scale (IRLS)</td>
</tr>
<tr>
<td>Augmentation Severity Rating Scale (ASRS)</td>
</tr>
<tr>
<td>Restless Legs Syndrome Quality of Life Questionnaire (RLSQoL)</td>
</tr>
<tr>
<td>Restless Legs Syndrome- Diagnostic Index (RLS-DI)</td>
</tr>
<tr>
<td>Kohnen Restless Legs Syndrome Quality of Life Questionnaire (KRLS-QOL)</td>
</tr>
<tr>
<td>Pediatric Restless Legs Syndrome Severity Scale (P-RLS-SS)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Hypersomnias</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cataplexy questionnaire</td>
<td></td>
</tr>
<tr>
<td>Swiss narcolepsy scale (SNS)</td>
<td></td>
</tr>
<tr>
<td>Ullanlinna narcolepsy scale (UNS)</td>
<td></td>
</tr>
<tr>
<td>Idiopathic Hypersomnia Severity Scale</td>
<td></td>
</tr>
<tr>
<td>Fatigue severity scale (FSS)</td>
<td></td>
</tr>
<tr>
<td>Multidimensional assessment of fatigue (MAF)</td>
<td></td>
</tr>
<tr>
<td>Multidimensional fatigue inventory (MFI-20)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Others</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Sleep Questionnaire (MSQ)</td>
<td></td>
</tr>
<tr>
<td>Oviedo Sleep Questionnaire (OSQ)</td>
<td></td>
</tr>
<tr>
<td>Athens Sleep Questionnaire (ASQ)</td>
<td></td>
</tr>
<tr>
<td>Simple Four Variables (SFV)</td>
<td></td>
</tr>
<tr>
<td>Daily Cognitive Communication and Sleep Profile (DCCASP)</td>
<td></td>
</tr>
<tr>
<td>Brock sleep and insomnia questionnaire (BSIQ)</td>
<td></td>
</tr>
<tr>
<td>Dysfunctional beliefs and attitudes about sleep scale (DBAS)</td>
<td></td>
</tr>
<tr>
<td>Glasgow Coma Scale (GCS)</td>
<td></td>
</tr>
<tr>
<td>Leeds Sleep Evaluation Questionnaire (LSEQ)</td>
<td></td>
</tr>
<tr>
<td>Global Sleep Assessment Questionnaire (GSAQ)</td>
<td></td>
</tr>
<tr>
<td>Wisconsin Sleep Questionnaire (WSQ)</td>
<td></td>
</tr>
</tbody>
</table>