

SATED Questionnaire

		Rarely/ Never (0)	Sometimes (1)	Usually/ Always (2)
Satisfaction	Are you satisfied with your sleep?			
Alertness	Do you stay awake all day without dozing?			
Timing	Are you asleep (or trying to sleep) between 2.00am and 4.00am?			
Efficiency	Do you spend less than 30 minutes awake at night? (This includes the time it takes to fall asleep and awakenings from sleep)			
Duration	Do you sleep between 6 and 8 hours per day?			

Total for all for items ranges from 0-10



SATED, an example of a self-report sleep health questionnaire. This example of a self-report questionnaire could be used to measure dimensions of sleep health. Respondents indicate the frequency with which they experience or engage in each of 5 sleep-wake behaviors or characteristics. Sleep satisfaction is purely subjective. Each of the other questions is tied to measurable sleep-wake behavior, and includes a quantitative aspect. Individual items are score from 0-2, and item scores are totaled. A total score of "0" represents poor sleep health, and a score of "10" good sleep health. Psychometric techniques such as item response theory could be used to validate this or similar questionnaires, determining ideal threshold values item information for different dimensions. © 2013 University of Pittsburgh. All rights reserved. Used with permission.

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