THE SLEEP REVOLUTION
TRANSFORMING YOUR LIFE,
ONE NIGHT AT A TIME

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APPENDICES

APPENDIX A

SLEEP-QUALITY QUESTIONNAIRE

This sleep-quality questionnaire—the Sleep Condition Indicator—was developed by Colin Espie, professor of sleep medicine at the University of Oxford and a cofounder of the sleep-education app Sleepio. Consider it a helpful, science-backed tool to start a conversation with yourself, your family, and your friends, and a useful reference as you take steps to renew or sustain your relationship with sleep.

To start, circle the most accurate response for each question. At the end, add up your points to get your sleep assessment, along with tips for improvement.

Thinking about a typical night in the last month . . .

1. How long does it take you to fall asleep?
   
   0–15 min.       4 points
   16–30 min.       3 points
   31–45 min.       2 points
   46–60 min.       1 point
   >60 min.         0 points

2. If you then wake up one or more times during the night, how long are you awake in total? (Add up all the time you are awake.)

   0–15 min.       4 points
   16–30 min.       3 points
   31–45 min.       2 points
   46–60 min.       1 point
   >60 min.         0 points

Excerpted from THE SLEEP REVOLUTION by Arianna Huffington.
3. If your final wake-up time occurs before you intend to wake up, how much earlier is this?
   I don’t wake up too early/Up to 15 min. early 4 points
   16–30 min. early 3 points
   31–45 min. early 2 points
   46–60 min. early 1 point
   >60 min. early 0 points

4. How many nights a week do you have a problem with your sleep?
   0–1 4 points
   2 3 points
   3 2 points
   4 1 point
   5–7 0 points

5. How would you rate your sleep quality?
   Very good 4 points
   Good 3 points
   Average 2 points
   Poor 1 point
   Very poor 0 points

Thinking about the past month, to what extent has poor sleep . . .

6. affected your mood, energy, or relationships?
   Not at all 4 points
   A little 3 points
   Somewhat 2 points
   Much 1 point
   Very much 0 points

7. affected your concentration, productivity, or ability to stay awake?
   Not at all 4 points
   A little 3 points
8. **troubled you in general?**
   - Not at all 4 POINTS
   - A little 3 POINTS
   - Somewhat 2 POINTS
   - Much 1 POINT
   - Very much 0 POINTS

**Finally . . .**

9. **How long have you had a problem with your sleep?**
   - I don’t have a problem/<1 month 4 POINTS
   - 1–2 months 3 POINTS
   - 3–6 months 2 POINTS
   - 7–12 months 1 POINT
   - >1 year 0 POINTS

Now add up your total score and enter it here: _______

**Use the following as a guide:**

0–9  Your sleep problems seem to be severe. You should definitely try to get some help.

10–18  You have some sleep problems. It’s important to examine your sleep habits and see how you can make changes.

19–27  Your sleep is in good shape, but there are still many steps you can take to make it even better.

28–36  Your sleep is in great shape. Keep doing what you’re doing and spread the word!

For more information, go to the Sleepio app or www.sleepio.com.

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