

PROMIS Sleep Impairment

In the past 7 days

I had a hard time getting things done because I was sleepy.

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much

In the past 7 days

I felt alert when I woke up.

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much

In the past 7 days

I felt tired.

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much

In the past 7 days

I had problems during the day because of poor sleep.

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much

In the past 7 days

I had a hard time concentrating because of poor sleep.

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much

In the past 7 days

I felt irritable because of poor sleep.

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much

In the past 7 days

I was sleepy during the daytime.

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much

In the past 7 days

I had trouble staying awake during the day.

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much