

# Leeds Sleep Evaluation Questionnaire

## How would you describe the way you currently fall asleep in comparison to usual?

1. More difficult than usual \_\_\_\_\_ Easier than usual
2. Slower than usual \_\_\_\_\_ More quickly than usual
3. I feel less sleepy than usual \_\_\_\_\_ More sleepy than usual

GTS - getting to sleep

## How would you describe the quality of your sleep compared to normal sleep?

4. More restless than usual \_\_\_\_\_ Calmer than usual
5. With more wakeful periods than usual \_\_\_\_\_ With less wakeful periods than usual

QOS - quality of sleep

## How would you describe your awakening in comparison to usual?

6. More difficult than usual \_\_\_\_\_ Easier than usual
7. Requires a period of time longer than usual \_\_\_\_\_ Shorter than usual

AFS – Awake following sleep

## How do you feel when you wake up?

8. Tired \_\_\_\_\_ Alert

## How do you feel now?

9. Tired \_\_\_\_\_ Alert

BFW – behaviour following wakening

## How would you describe your balance and co-ordination upon awakening?

10. More disrupted than usual \_\_\_\_\_ Less disrupted than usual