Pittsburgh Sleep Quality Index (PSQI)

References and Scoring

Reference


Notes on data entry

The range of values for questions 5 through 10 are all 0 to 3.

Questions 1 through 9 are not allowed to be missing except as noted below. If these questions are missing then any scores calculated using missing questions are also missing. Thus it is important to make sure that all questions 1 through 9 have been answered.

In the event that a range is given for an answer (for example, ‘30 to 60’ is written as the answer to Q2, minutes to fall asleep), split the difference and enter 45.

Scores – reportable in publications

On May 20, 2005, on the instruction of Dr. Daniel J. Buysse, the scoring of the PSQI was changed to set the score for Q5J to 0 if either the comment or the value was missing. This may reduce the DURAT score by 1 point and the PSQI Total Score by 1 point.

**PSQIDURAT**  DURATION OF SLEEP

IF Q4 ≥ 7, THEN set value to 0
IF Q4 < 7 and ≥ 6, THEN set value to 1
IF Q4 < 6 and ≥ 5, THEN set value to 2
IF Q4 < 5, THEN set value to 3
Minimum Score = 0 (better); Maximum Score = 3 (worse)

**PSQIDISTB**  SLEEP DISTURBANCE

IF Q5b + Q5c + Q5d + Q5e + Q5f + Q5g + Q5h + Q5i + Q5j (IF Q5JCOM is null or Q5j is null, set the value of Q5j to 0) = 0, THEN set value to 0

IF Q5b + Q5c + Q5d + Q5e + Q5f + Q5g + Q5h + Q5i + Q5j (IF Q5JCOM is null or Q5j is null, set the value of Q5j to 0) ≥ 1 and ≤ 9, THEN set value to 1

IF Q5b + Q5c + Q5d + Q5e + Q5f + Q5g + Q5h + Q5i + Q5j (IF Q5JCOM is null or Q5j is null, set the value of Q5j to 0) > 9 and ≤ 18, THEN set value to 2

IF Q5b + Q5c + Q5d + Q5e + Q5f + Q5g + Q5h + Q5i + Q5j (IF Q5JCOM is null or Q5j is null, set the value of Q5j to 0) > 18, THEN set value to 3

Minimum Score = 0 (better); Maximum Score = 3 (worse)

**PSQILATEN**  SLEEP LATENCY

First, recode Q2 into Q2new thusly:

IF Q2 > 0 and ≤ 15, THEN set value of Q2new to 0
IF Q2 > 15 and ≤ 30, THEN set value of Q2new to 1
IF Q2 > 30 and ≤ 60, THEN set value of Q2new to 2
IF Q2 > 60, THEN set value of Q2new to 3
Next
IF Q5a + Q2new = 0, THEN set value to 0
IF Q5a + Q2new ≥ 1 and ≤ 2, THEN set value to 1
IF Q5a + Q2new > 3 and ≤ 4, THEN set value to 2
IF Q5a + Q2new > 5 and ≤ 6, THEN set value to 3

Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQIDAYDYS  DAY DYSFUNCTION DUE TO SLEEPINESS
IF Q8 + Q9 = 0, THEN set value to 0
IF Q8 + Q9 > 1 and < 2, THEN set value to 1
IF Q8 + Q9 ≥ 3 and ≤ 4, THEN set value to 2
IF Q8 + Q9 > 5 and ≤ 6, THEN set value to 3
Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQIHSE    SLEEP EFFICIENCY
Diffsec = Difference in seconds between day and time of day Q1 and day Q3
Diffhour = Absolute value of diffsec / 3600

ewtib = IF diffhour > 24, then newtib = diffhour – 24
        IF diffhour ≤ 24, THEN newtib = diffhour

(Note, the above just calculates the hours between GMT (Q1) and GMT (Q3))
tmphse = (Q4 / newtib) * 100

IF tmphse ≥ 85, THEN set value to 0
IF tmphse < 85 and ≥ 75, THEN set value to 1
IF tmphse < 75 and ≥ 65, THEN set value to 2
IF tmphse < 65, THEN set value to 3
Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQISLPQUAL OVERALL SLEEP QUALITY
Q6
Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQIMEDS NEED MEDS TO SLEEP
Q7
Minimum Score = 0 (better); Maximum Score = 3 (worse)

PSQI  TOTAL
DURAT + DISTB + LATEN + DAYDYS + HSE + SLPQUAL + MEDS
Minimum Score = 0 (better); Maximum Score = 21 (worse)