

Sleep Hygiene Practices Scale

The following items are descriptions of common sleep habits, daily life activities, and sleep environments. Please circle the number to indicate how often the situations fit your personal experiences, with 1 indicating never and 6 indicating always.	Never	Rarely	Occasionally	Sometimes	Frequently	Always
1. Bedtime not consistent daily.	1	2	3	4	5	6
2. Get out of bed at inconsistent times.	1	2	3	4	5	6
3. Stay in bed after waking up in the morning.	1	2	3	4	5	6
4. Sleep in on weekends.	1	2	3	4	5	6
5. Napping or resting in bed for over an hour during the day.	1	2	3	4	5	6
6. Lack of exposure to outdoor light during the day.	1	2	3	4	5	6
7. Lack of regular exercise.	1	2	3	4	5	6
8. Unpleasant conversation prior to sleep.	1	2	3	4	5	6
9. Not enough time to relax prior to sleep.	1	2	3	4	5	6
10. Falling asleep with TV or music on.	1	2	3	4	5	6
11. Pondering about unresolved matters while lying in bed.	1	2	3	4	5	6
12. Check the time in the middle of the night.	1	2	3	4	5	6
13. Doing sleep-irrelevant activities in bed (e.g., watching TV, reading, etc.).	1	2	3	4	5	6
14. Worry about not being able to fall asleep in bed.	1	2	3	4	5	6
15. Worry about night-time sleep during the day.	1	2	3	4	5	6
16. Vigorous exercise during the 2 hours prior to sleep.	1	2	3	4	5	6
17. Drinking caffeinated drinks (e.g., coffee, tea, soda) within 4 hours prior to bedtime.	1	2	3	4	5	6
18. Drinking alcohol within 2 hours prior to bedtime.	1	2	3	4	5	6
19. Consuming stimulating substances (e.g., nicotine) during the 2 hours prior to bedtime.	1	2	3	4	5	6
20. Going to bed hungry.	1	2	3	4	5	6
21. Drinking a lot during the hour prior to sleep.	1	2	3	4	5	6
22. Eating too much food during the hour prior to sleep.	1	2	3	4	5	6
23. Sleep environment is either too noisy or too quiet.	1	2	3	4	5	6
24. Sleep environment is either too bright or too dark.	1	2	3	4	5	6
25. Sleep environment is either too humid or too dry.	1	2	3	4	5	6
26. Feeling too hot or too cold during sleep.	1	2	3	4	5	6
27. Poor ventilation of bedroom.	1	2	3	4	5	6
28. Uncomfortable bedding and/or pillow.	1	2	3	4	5	6
29. Too many sleep-unrelated items in bedroom.	1	2	3	4	5	6
30. Sleep is interfered by bed partner.	1	2	3	4	5	6