

## Dysfunctional Beliefs and Attitudes about Sleep (DBAS)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Several statements reflecting people's beliefs and attitudes about sleep are listed below. Please indicate to what extent you personally agree or disagree with each statement. There is no right or wrong answer. For each statement, circle the number that corresponds to your own personal belief. Please respond to all items even though some may not apply directly to your own situation.

|                      |                               |                   |
|----------------------|-------------------------------|-------------------|
| Strongly<br>Disagree |                               | Strongly<br>Agree |
| 0                    | 1   2   3   4   5   6   7   8 | 9   10            |
|                      | (7)                           |                   |

1. I need 8 hours of sleep to feel refreshed and function well during the day.

|   |                               |        |
|---|-------------------------------|--------|
| 0 | 1   2   3   4   5   6   7   8 | 9   10 |
|---|-------------------------------|--------|

2. When I don't get proper amount of sleep on a given night, I need to catch up on the next day by napping or on the next night by sleeping longer.

|   |                               |        |
|---|-------------------------------|--------|
| 0 | 1   2   3   4   5   6   7   8 | 9   10 |
|---|-------------------------------|--------|

3. Because I am getting older, I need less sleep.

|   |                               |        |
|---|-------------------------------|--------|
| 0 | 1   2   3   4   5   6   7   8 | 9   10 |
|---|-------------------------------|--------|

4. I am worried that if I go for 1 or 2 nights without sleep, I may have a "nervous breakdown".

|   |                               |        |
|---|-------------------------------|--------|
| 0 | 1   2   3   4   5   6   7   8 | 9   10 |
|---|-------------------------------|--------|

5. I am concerned that chronic insomnia may have serious consequences on my physical health.

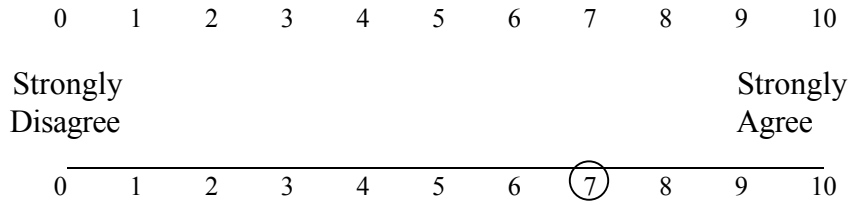
|   |                               |        |
|---|-------------------------------|--------|
| 0 | 1   2   3   4   5   6   7   8 | 9   10 |
|---|-------------------------------|--------|

6. By spending more time in bed, I usually get more sleep and feel better the next day.

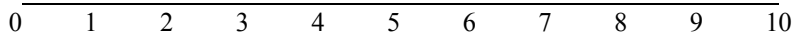
|   |                               |        |
|---|-------------------------------|--------|
| 0 | 1   2   3   4   5   6   7   8 | 9   10 |
|---|-------------------------------|--------|

7. When I have trouble falling asleep or getting back to sleep after nighttime awakening, I should stay in bed and try harder.

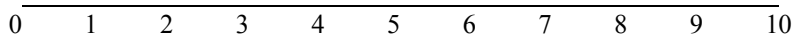
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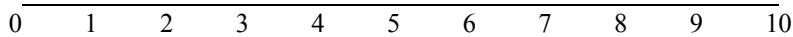
8. I am worried that I may lose control over my abilities to sleep.



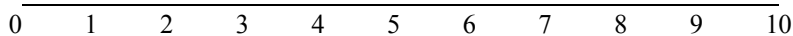
9. Because I am getting older, I should go to bed earlier in the evening.



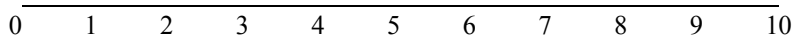
10. After a poor night's sleep, I know that it will interfere with my daily activities on the next day.



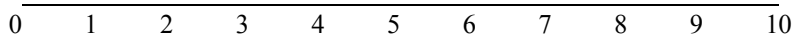
11. In order to be alert and function well during the day, I believe I would be better off taking a sleeping pill rather than having a poor night's sleep.



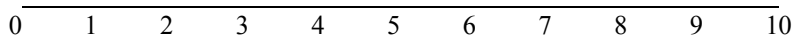
12. When I feel irritable, depressed, or anxious during the day, it is mostly because I did not sleep well the night before.



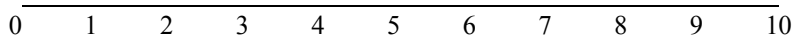
13. Because my bed partner falls asleep as soon as his/her head hits the pillow and stays asleep through the night, I should be able to do so too.



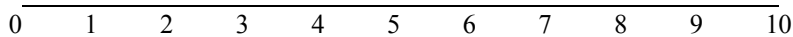
14. I feel that insomnia is basically the result of aging and there isn't much that can be done about this problem.



15. I am sometimes afraid of dying in my sleep.



16. When I have a good night's sleep, I know that I will have to pay for it on the following night.



Strongly Disagree Strongly Agree

0 1 2 3 4 5 6 7 8 9 10

17. When I sleep poorly on one night, I know it will disturb my sleep schedule for the whole week.

0 1 2 3 4 5 6 7 8 9 10

18. Without an adequate night's sleep, I can hardly function the next day.

0 1 2 3 4 5 6 7 8 9 10

19. I can't ever predict whether I'll have a good or poor night's sleep.

0 1 2 3 4 5 6 7 8 9 10

20. I have little ability to manage the negative consequences of disturbed sleep.

0 1 2 3 4 5 6 7 8 9 10

21. When I feel tired, have no energy, or just seem not to function well during the day, it is generally because I did not sleep well the night before.

0 1 2 3 4 5 6 7 8 9 10

22. I get overwhelmed by my thoughts at night and often feel I have no control over this racing mind.

0 1 2 3 4 5 6 7 8 9 10

23. I feel I can still lead a satisfactory life despite sleep difficulties.

0 1 2 3 4 5 6 7 8 9 10

24. I believe insomnia is essentially the result of a chemical imbalance.

0 1 2 3 4 5 6 7 8 9 10

25. I feel insomnia is ruining my ability to enjoy life and prevents me from doing what I want.

0 1 2 3 4 5 6 7 8 9 10

26. A "nightcap" before bedtime is a good solution to sleep problem.

0 1 2 3 4 5 6 7 8 9 10

Strongly  
DisagreeStrongly  
Agree

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0 1 2 3 4 5 6 7 8 9 10

27. Medication is probably the only solution to sleeplessness.

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0 1 2 3 4 5 6 7 8 9 10

28. My sleep is getting worse all the time and I don't believe anyone can help.

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0 1 2 3 4 5 6 7 8 9 10

29. It usually shows in my physical appearance when I haven't slept well.

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0 1 2 3 4 5 6 7 8 9 10

30. I avoid or cancel obligations (social, family) after a poor night's sleep.

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0 1 2 3 4 5 6 7 8 9 10