

Dysfunctional Beliefs About Sleep Scale

Please indicate to what extent you personally agree or disagree with each statement by circling a number that indicates where your personal rating falls.

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

2. When I don't get the 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.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

4. I am worried that I may lose control over my ability to sleep.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

5. After a poor nights sleep, I know that it will interfere with my daily activities on the next day.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

10. I can't ever predict whether I'll have a good night's sleep.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

12. 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.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

15. A "nightcap" before bedtime is a good solution to sleeplessness.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

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

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree