## 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

### 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

### 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

### How do you feel when you wake up?

8. Tired ___________ Alert

### How do you feel now?

9. Tired ___________ Alert

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

10. More disrupted than usual ___________ Less disrupted than usual

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**GTS** - Getting to sleep

**QOS** - Quality of sleep

**AFS** - Awake following sleep

**BFW** - Behaviour following wakening