

# ASCQ-Me Sleep Impact

## Survey Instructions

◆ Answer all the questions by checking the box to the left of your answer.

1. In the past 7 days, how often did you stay up most of the night because you could not fall asleep?

- Never
- Rarely
- Sometimes
- Often
- Always

2. In the past 7 days, how often was it very easy for you to fall asleep?

- Never
- Rarely
- Sometimes
- Often
- Always

3. In the past 7 days, how often did you have a lot of trouble falling asleep?

- Never
- Rarely
- Sometimes
- Often
- Always

4. In the past 7 days, how often did you stay up all night because you could not fall asleep?

- Never
- Rarely
- Sometimes
- Often
- Always

5. In the past 7 days, how often did you stay up half of the night because you could not fall asleep?

- Never
- Rarely
- Sometimes
- Often
- Always