



## What Do We Know About Sleep-Or the Lack of Sleep?

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### Objectives

- Evaluate own sleep patterns to determine if obtaining sufficient sleep
- Identify needed changes if scores suggest excessive daytime sleepiness or poor quality sleep

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### Epworth Sleepiness Scale (ESS)



In the past week how likely are you to doze off in the following situations:

- Sitting and reading \_\_\_\_\_
- Watching TV \_\_\_\_\_
- Sitting inactive in a public place (e.g., theater or meeting) \_\_\_\_\_
- As a passenger in a car for an hour without a break \_\_\_\_\_
- Lying down to rest in the afternoon when circumstances permit \_\_\_\_\_
- Sitting and talking to someone \_\_\_\_\_
- In a car while stopped for a few minutes in traffic \_\_\_\_\_

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**Pittsburg Sleep Quality Index (PSQI)-Results** 

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- Component 1: Subjective Sleep Quality
- Component 2: Sleep latency (how long it takes to fall asleep)
  - Healthy adults usually fall asleep within 20 minutes
  - Factors to consider if long sleep latency include caffeine intake, anxiety and other psych-related issues, and shift work
- Component 3: Sleep duration
- Component 4: Sleep efficiency
  - Sleep efficiency in healthy adults usually > 85% or 90%

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**Pittsburg Sleep Quality Index (PSQI)-Results** 

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- Component 5: Difficulties falling and staying asleep
  - Due to insomnia
  - Due to nocturia
  - Due to breathing difficulties or sleep apnea
  - Due to environmental temperatures
  - Due to pain or bad dreams
- Component 6: Use of sleeping medication
  - Most over the counter medications limited efficacy, many have an antihistamine base with Tylenol or other analgesic
  - Hypnotics are more effective and should be used sparingly
  - Behavioral therapies are most effective approach for improving ability to fall asleep and stay asleep (unless work night shift)

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**Pittsburg Sleep Quality Index (PSQI)-Results** 

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- Component 7: Daytime dysfunction
  - Excessive daytime sleepiness due to insufficient sleep, sleep apnea, depression or other medical problems
  - Depression

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