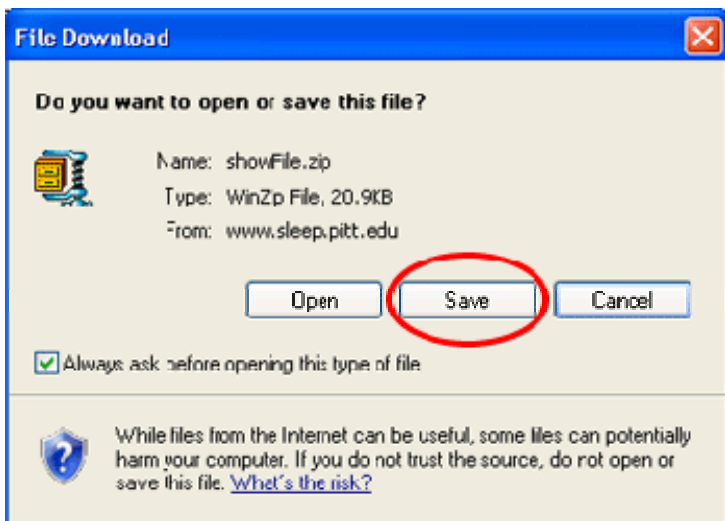


INSTRUCTIONS FOR DOWNLOADING PSQI SCORING DATABASE

Note: The *PSQI Scoring Database* is a Microsoft Access database. You must have Access on your computer in order to open the database. The database is saved in a .zip file. To use, the file must be downloaded, saved, and extracted to open in Microsoft Access.

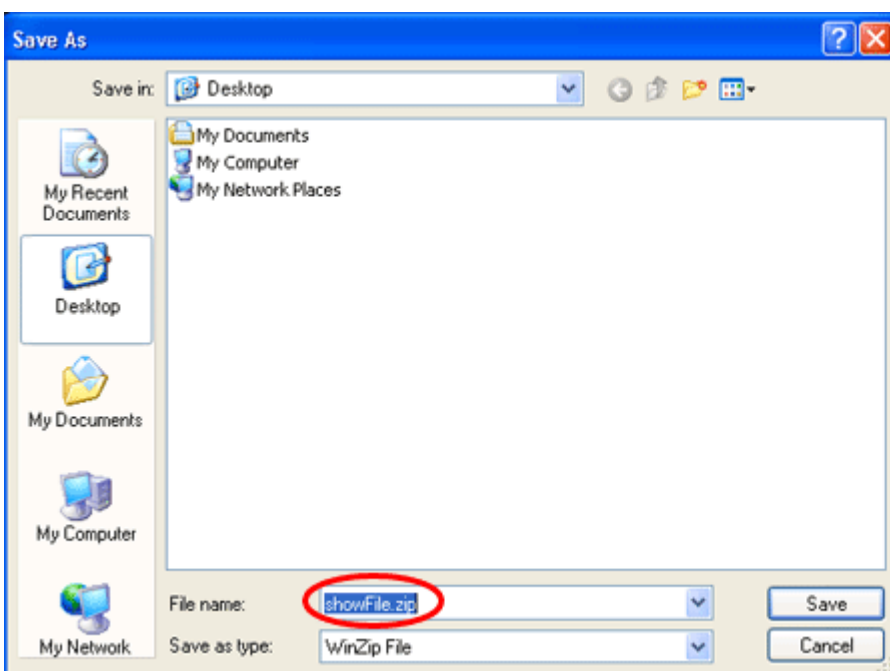
- Documents**
- PSQI Article
 - PSQI Instrument
 - PSQI Language Translations
 - PSQI Scoring
 - **PSQI Scoring Database**

Click on
"PSQI Scoring Database" link.

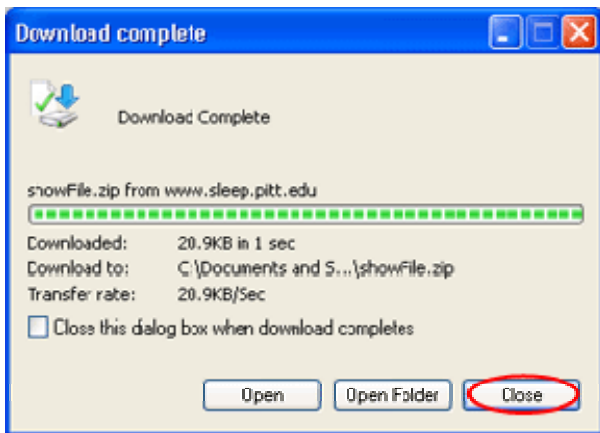


A window similar to this
will appear.

Click "Save."

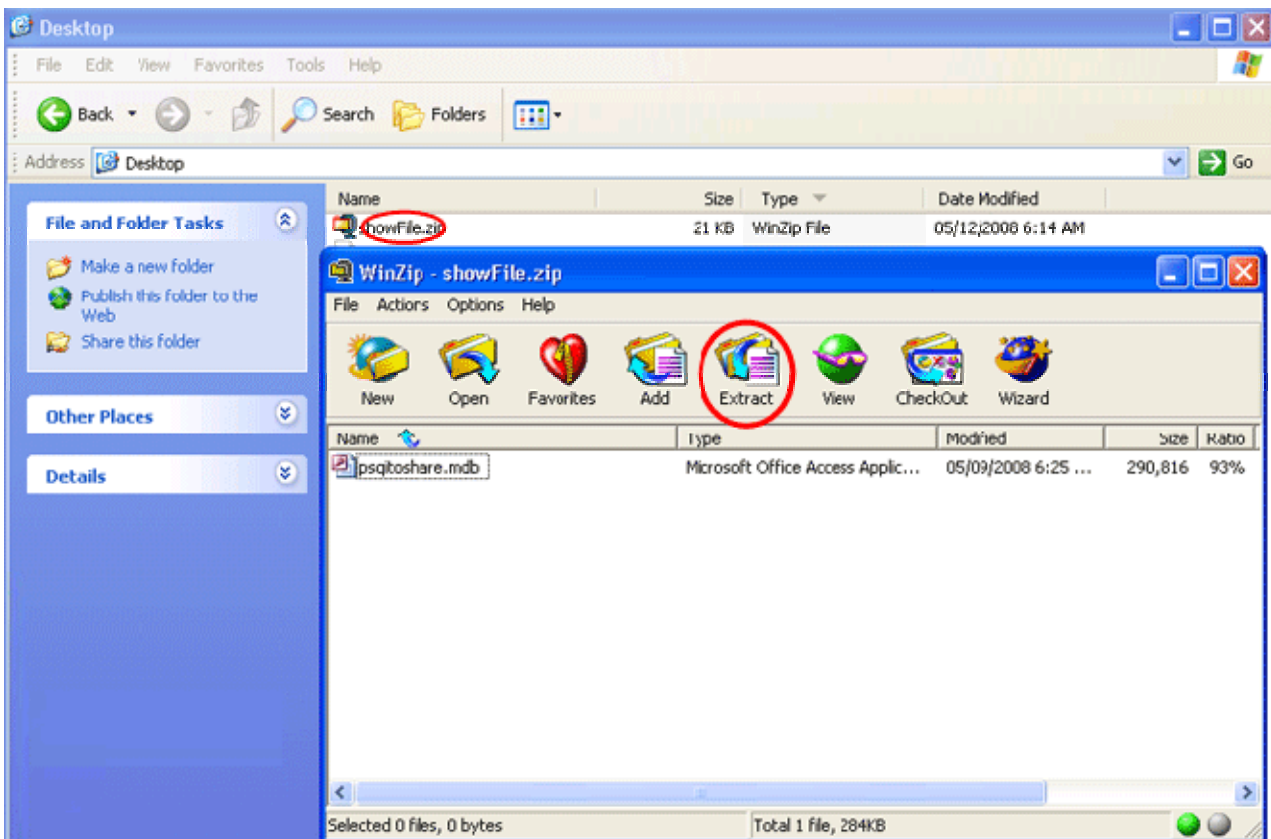


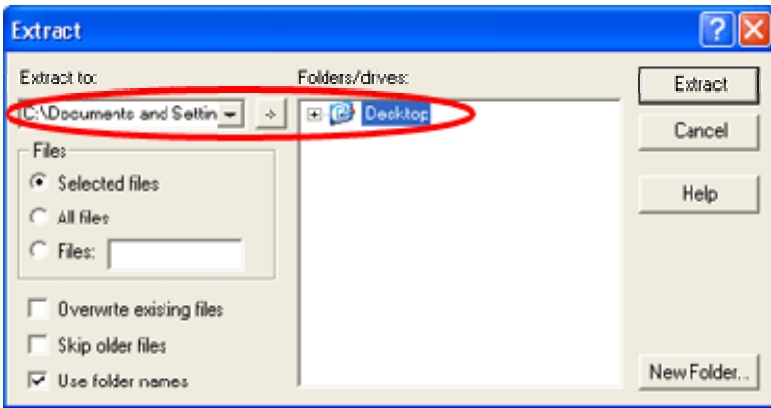
Choose location and
file name.
Click "Save."



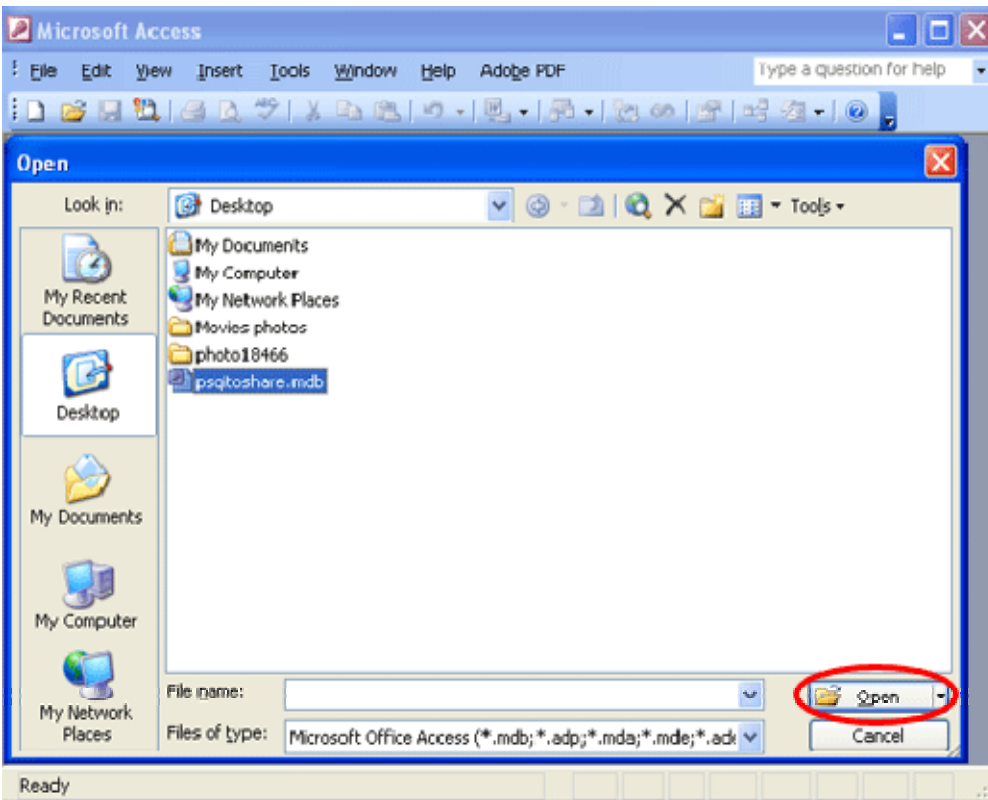
When file download is complete, click "Close."

To extract .zip file, go to "My Computer." Locate file and double click. The "WinZip" window will appear. Click "Extract."

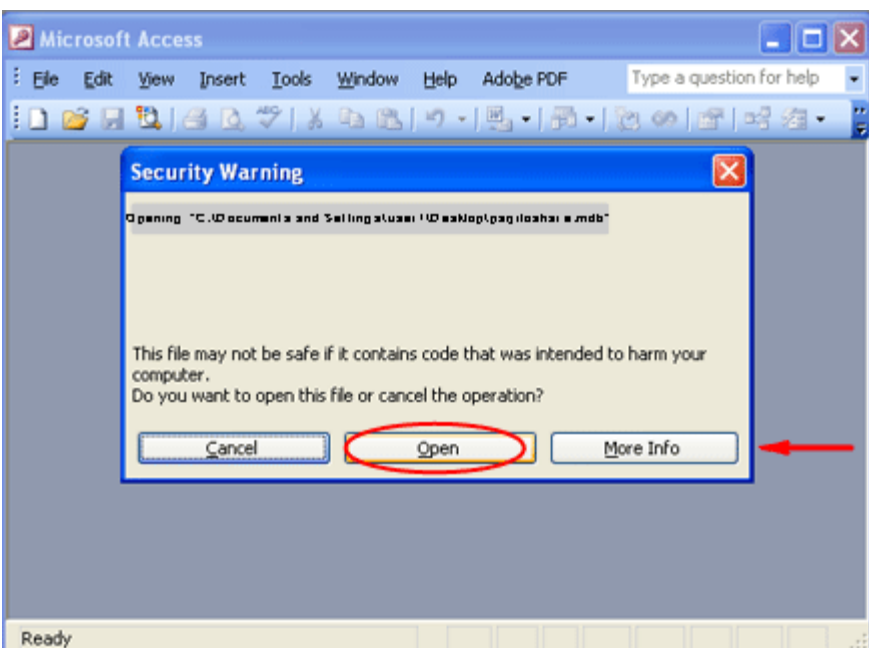




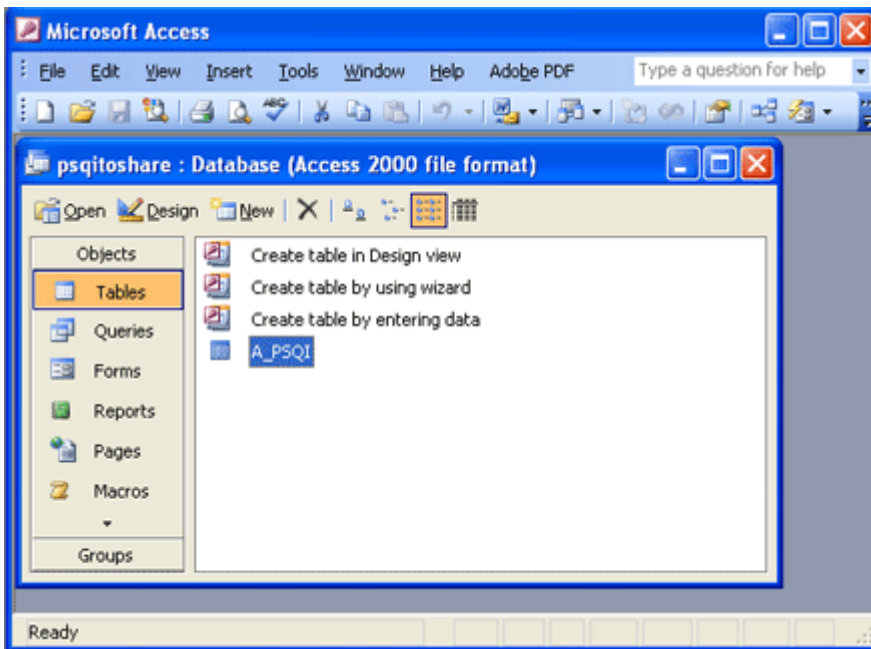
Choose a location where you would like to save the Access database and click "Extract."



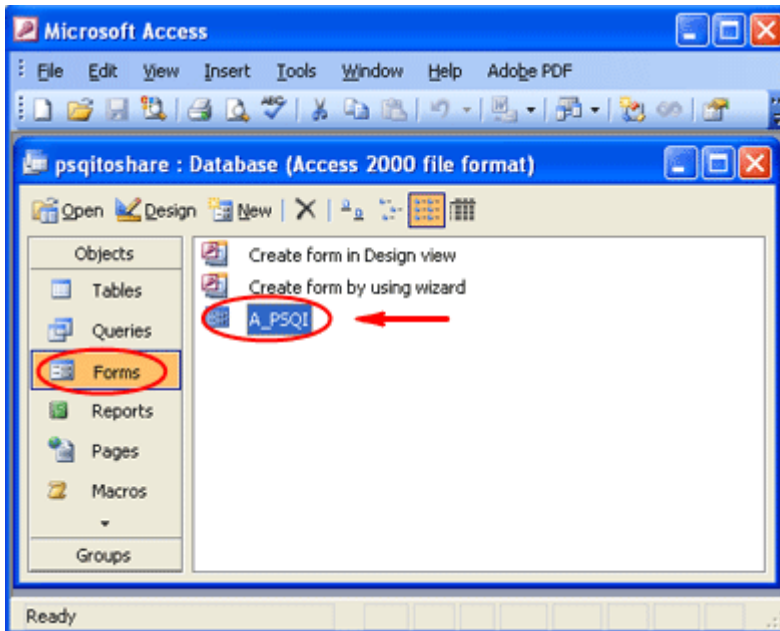
Open the Microsoft Access application and locate saved database and click "Open."



This security warning may appear. Click "Open."



Once opened, you will be able to view the table, query, and form associated with the PSQI Scoring Database.



To begin entering data, click on the *Forms* object. You will then see the A_PSQI form. Double-click on the form.

Microsoft Access

A_PSQI

Study ID: 111111

Assessment Date: 05/01/2008

Q1-Bed Time: 22:00

Q2-Fall Asleep: 30

Q3-Getting Up: 6:00

Q4-Hours Of Sleep: 7.5

Q5A-Cannot Sleep: 2

Q5B-Wake Up: 2

Q5C-Bathroom: 2

Q5D-Breathe: 0

Q5E-Cough Or Snore: 0

Q5F-Cold: 1

Q5G-Hot: 3

Q5H-Bad Dreams: 2

Q5I-Pain: 1

Q5J-Comment-Other Reason: [Text Box]

Q5J-Troubling Sleep: [Text Box]

Q6-Sleep Quality: 3

Q7-Medicine-Induced Sleep: 2

Q8-Trouble Staying Awake: 1

Q9-Enthusiasm: 3

Q10-Bed Partner/Roommate: 1

Q10A-Loud Snoring: 0

Q10B-Long Pauses: 0

Q10C-Legs Twitching: 0

Q10D-Disorientation: 1

Q10E-Comment-Other Restlessness: [Text Box]

Q10E-Restlessness: [Text Box]

Record: 2 of 2

DESCRIPTION OF OTHER RESTLESSNESS WHILE ASLEEP

This screen shows a record that has been entered via the form.

New records can be added by clicking the right arrow.

Microsoft Access

A_PSQI

Study ID: [Text Box]

Assessment Date: [Text Box]

Q1-Bed Time: [Text Box]

Q2-Fall Asleep: [Text Box]

Q3-Getting Up: [Text Box]

Q4-Hours Of Sleep: [Text Box]

Q5A-Cannot Sleep: [Text Box]

Q5B-Wake Up: [Text Box]

Q5C-Bathroom: [Text Box]

Q5D-Breathe: [Text Box]

Q5E-Cough Or Snore: [Text Box]

Q5F-Cold: [Text Box]

Q5G-Hot: [Text Box]

Q5H-Bad Dreams: [Text Box]

Q5I-Pain: [Text Box]

Q5J-Comment-Other Reason: [Text Box]

Q5J-Troubling Sleep: [Text Box]

Q6-Sleep Quality: [Text Box]

Q7-Medicine-Induced Sleep: [Text Box]

Q8-Trouble Staying Awake: [Text Box]

Q9-Enthusiasm: [Text Box]

Q10-Bed Partner/Roommate: [Text Box]

Q10A-Loud Snoring: [Text Box]

Q10B-Long Pauses: [Text Box]

Q10C-Legs Twitching: [Text Box]

Q10D-Disorientation: [Text Box]

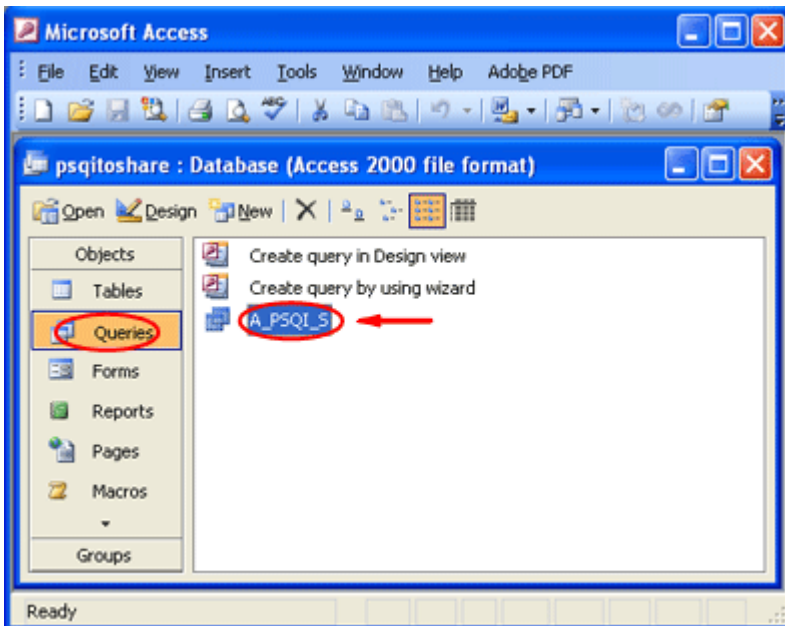
Q10E-Comment-Other Restlessness: [Text Box]

Q10E-Restlessness: [Text Box]

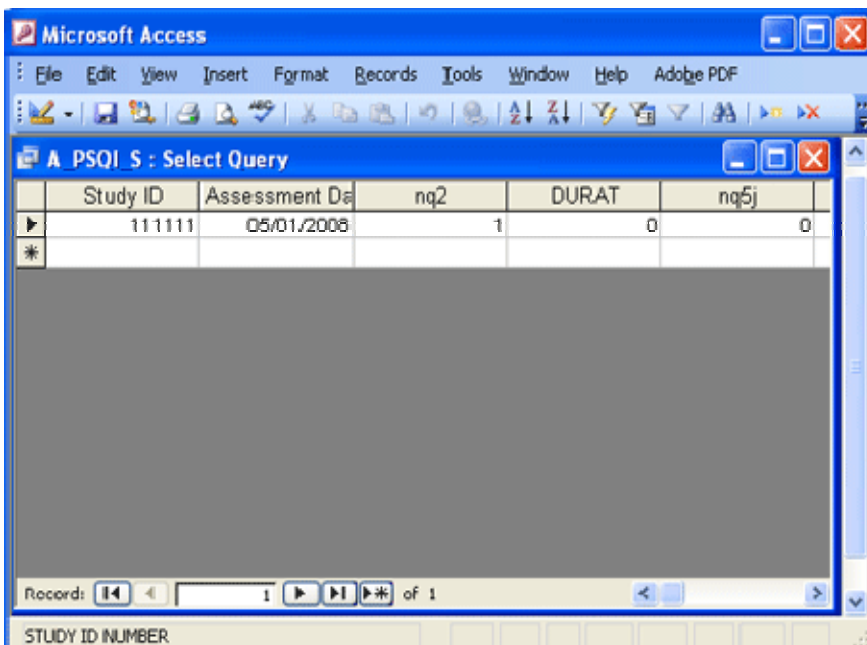
Record: 2 of 2

STUDY ID NUMBER

This screen shows a blank form ready for data to be entered.



To score the PSQI assessment, click on the *Queries* object. You will then see the A_PSQL_S scoring query. Double-click on the query.



This screen shows the scoring result. The fieldnames in CAPS are the subscales and the Total score. The fieldnames that are in lowercase are temporary variables used in the calculations of the subscales and the Total.