

Ru-SATED

ID _____

Date ____ / ____ / ____
 m m d d y y

Version 4.0

The following statements refer to your sleep during the past one month. Please indicate the best response for each statement. “Night” refers to the time you get your longest sleep of the day, which may not be when it is dark out (for instance, if you work night shifts). “Day” refers to the time of day when you are usually awake, which may not be when it is light out (for instance, if you work night shifts). “Sleep” refers to the longest period of sleep you have in a 24-hour day.

	Never	Rarely	Sometimes	Often	Always
1. I go to sleep and wake up at about the same time every day.	0	1	2	3	4
2. I sleep 7 – 9 hours per night.	0	1	2	3	4
3. The middle of my sleep period is between 2:00 a.m. and 4:00 a.m.	0	1	2	3	4
4. I am awake for less than 30 minutes between the time I go to bed and the time I get out of bed.	0	1	2	3	4
5. I stay awake all day without dozing.	0	1	2	3	4
6. I am satisfied with my sleep.	0	1	2	3	4

Scoring: Each item is scored 0 – 4. The total score is the sum of the 6 items, ranging from 0 – 24. Higher Ru-SATED scores represent better multidimensional sleep health.

Dimension	Item
Regularity	1. I go to sleep and wake up at about the same time every day.
Duration	2. I sleep 7 – 9 hours per night.
Timing	3. The middle of my sleep period is between 2:00 a.m. and 4:00 a.m.
Efficiency	4. I am awake for less than 30 minutes between the time I go to bed and the time I get out of bed.
Alertness	5. I stay awake all day without dozing.
Satisfaction	6. I am satisfied with my sleep.