

# Adolescent Sleep Wake Scale

The University of Southern Mississippi • Sleep Research Laboratory  
self-report form for 12- to 18-year-old children

## Directions

Using the choices below, circle *how often* the following things have happened during the past month.

**Never** – *has not happened*

**Once in Awhile** – *happened 20% of the time*

**Sometimes** – *happened 40% of the time*

**Quite Often** – *happened 60% of the time*

**Frequently, if not always** – *happened 80% of the time*

**Always** – *happened 100% of the time*

<p>Questions 1 – 6 are <i>only</i> about you <i>Going to Bed</i> at bedtime</p>		<p style="text-align: right;"><b>Always</b> 100%</p> <p style="text-align: right;"><b>Frequently, if not Always</b> 80%</p> <p style="text-align: right;"><b>Quite Often</b> 60%</p> <p style="text-align: right;"><b>Sometimes</b> 40%</p> <p style="text-align: right;"><b>Once in Awhile</b> 20%</p> <p style="text-align: right;"><b>Never</b> 0%</p>							
		When its time to go to bed...							
		1.	...I want to stay up and do other things (for example: watch TV, play video games, or talk on the phone).	N	O	S	Q	F	A
		In general...							
		2.	...I have trouble making myself go to bed at bedtime.	N	O	S	Q	F	A
		3.	...I am ready to go to bed at bedtime.	N	O	S	Q	F	A
4.	...I enjoy bedtime.	N	O	S	Q	F	A		
5.	...I try to “put off” or delay going to bed.	N	O	S	Q	F	A		
6.	<p>How long do you <i>usually</i> “put off” or delay going to bed ?</p> <p>(a) Less than 30 minutes    (b) 30 to 60 minutes    (c) More than 60 minutes</p>								

<p>Questions 8 – 13 are <i>only</i> about you <i>Falling Asleep</i> after “lights-out”</p>		Always 100%							
		Frequently, if not Always 80%							
		Quite Often 60%							
		Sometimes 40%							
		Once in Awhile 20%							
Never 0%									
<b>When it's time to go to sleep (lights-out)...</b>									
7.	...I have trouble settling down.	N	O	S	Q	F	A		
8.	...I feel sleepy.	N	O	S	Q	F	A		
9.	...I lie down, <u>but</u> then get up and come out of the bedroom.	N	O	S	Q	F	A		
<b>In general...</b>									
10.	...I have trouble going to sleep.	N	O	S	Q	F	A		
11.	...I <i>need help</i> getting to sleep (for example: I need to listen to music, watch TV, take medication, or have someone else in the bed with me).	N	O	S	Q	F	A		
12.	...I fall asleep quickly.	N	O	S	Q	F	A		
13.	How long does it <i>usually</i> take you to fall asleep after “lights out”? (a) Less than 15 minutes (b) 15 to 30 minutes (c) More than 30 minutes								
<p>Questions 14 – 20 are <i>only</i> about how you <i>Sleep</i> during the night (someone else could have told you these things)</p>									
<b>During the night...</b>									
14.	...I toss and turn in my bed.	N	O	S	Q	F	A		
15.	...I am <i>very</i> restless.	N	O	S	Q	F	A		
16.	...I moan, groan, or talk in my sleep.	N	O	S	Q	F	A		
17.	...my legs kick or jerk.	N	O	S	Q	F	A		
18.	...I wake up more than once.	N	O	S	Q	F	A		
<b>In general...</b>									
19.	...I sleep soundly through the night.	N	O	S	Q	F	A		
20.	How often do you <i>usually</i> wake up during the night? (a) Never (b) 1 to 2 times (c) More than 3 times								

<p>Questions 21 – 27 are <i>only</i> about you</p> <p><i>Going back to sleep</i> after waking</p> <p>during the night</p>		Always 100%							
		Frequently, if not Always 80%							
		Quite Often 60%							
		Sometimes 40%							
		Once in Awhile 20%							
Never 0%									
<b>After waking up during the night...</b>									
21.	... I have trouble going back to sleep.	N	O	S	Q	F	A		
22.	...I have trouble getting comfortable.	N	O	S	Q	F	A		
23.	...I wake up another family member.	N	O	S	Q	F	A		
24.	... I <i>need help</i> to go back to sleep (for example: I need to watch TV, read, or sleep with another person).	N	O	S	Q	F	A		
25.	...I feel scared.	N	O	S	Q	F	A		
26.	...I roll over and go right back to sleep.	N	O	S	Q	F	A		
27.	How long does it <i>usually</i> take you to go back to sleep after waking during the night? (a) Less than 15 minutes (b) 15 to 30 minutes (c) More than 30 minutes								
<p>Questions 14 – 20 are <i>only</i> about you</p> <p><i>Waking</i> in the morning</p>									
<b>In the morning, I wake up...</b>									
28.	...and feel ready to get up for the day.	N	O	S	Q	F	A		
29.	...feeling rested and alert.	N	O	S	Q	F	A		
30.	...and just can't get going.	N	O	S	Q	F	A		
<b>In general...</b>									
31.	...I <i>need help</i> waking up in the morning (for example: from an alarm clock or another person).	N	O	S	Q	F	A		
32.	...I have trouble getting out of the bed in the morning.	N	O	S	Q	F	A		
33.	How long does it take you to feel <i>completely awake</i> in the morning (circle one)? (a) Less than 5 minutes (b) 5 to 15 minutes (c) 15 to 30 minutes (d) More than 30 minutes								