

## SLEEP AND NIGHT WORK QUESTIONNAIRE

This questionnaire has been proposed to you in Unit 2 to help you evaluate how your sleep reacts to night work. Fill out the questionnaire before starting using the strategies you have chosen to try, and fill it out after having tested your strategies for a few weeks. The results will help you to evaluate your progress in coping better with night work.

FOR EACH OF THE 9 QUESTIONS, CHECK THE BOX WITH THE MOST APPROPRIATE ANSWER WHEN YOU ARE WORKING NIGHTS.

*\*\* You may also fill out the questionnaire while thinking about the nights when you are working days or when you are on vacation. In comparing your answers with those of your days on night work, the specific impact of night work on your sleep will be highlighted.*

**1. Bedtime, when I am ready to fall asleep, is very enjoyable to me.**

- 4-  Never
- 3-  Sometimes
- 2-  Often
- 1-  Always

**2. At bedtime, I fall asleep quickly (in less than 30 minutes).**

- 4-  Never
- 3-  Sometimes
- 2-  Often
- 1-  Always

**3. I wake up at least once during my sleep period and I have difficulty going back to sleep.**

- 1-  Never
- 2-  Sometimes
- 3-  Often
- 4-  Always

**4. I wake up earlier than I want to and I cannot go back to sleep.**

- 1-  Never
- 2-  Sometimes
- 3-  Often
- 4-  Always

**5. I sleep at least 7 hours.**

- 4-  Never
- 3-  Sometimes
- 2-  Often
- 1-  Always

**6. My sleep is very restorative.**

- 4-  Never
- 3-  Sometimes
- 2-  Often
- 1-  Always

**7. When I get up, I feel alert and receptive.**

- 4-  Never
- 3-  Sometimes
- 2-  Often
- 1-  Always

**8. I easily stay awake during a night shift.**

- 4-  Never
- 3-  Sometimes
- 2-  Often
- 1-  Always

**9. I feel well at work.**

- 4-  Never
- 3-  Sometimes
- 2-  Often
- 1-  Always

To know your result, add the scores associated with your answers to the 9 questions (numbers in bold) :

Your result:

DATE: \_\_\_\_\_

Total points	Sleep and alertness difficulties	Feedback
23 - 36	Relatively severe	You probably have more sleep and alertness difficulties than most night workers. In addition to their adverse effects on your quality of life, these problems may present a risk to your physical and mental health.
18 - 22	Medium severity	Your answers compare to those of most night workers. Your sleep and alertness difficulties are severe enough to have a negative impact on your quality of life.
9 - 17	Relatively light	Nothing is perfect in this world and it's normal to have some sleep difficulties once in a while. For the time being, your sleep and alertness compare to those of a healthy day worker.

**References:**

This questionnaire was designed by Marie Dumont and used in her research studies on the sleep of night nurses.  
Dumont M, Montplaisir J, Infante-Rivard C. (1997) Sleep quality of former night-shift workers. *Int J Occup Environ Health*, 3(3) : S10-S14.  
Benhaberou-Brun D, Lambert C, Dumont M. (1999) Association between melatonin secretion and daytime sleep complaints in night nurses. *SLEEP*, 22(7) : 877-885.