

Pittsburgh Sleep Quality Index (PSQI)

Category: Sleep | Items: 19 | Time: ~5 min

Description / When to Use

19-item measure assessing sleep quality and disturbances over one month.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 19 items in this scale. Estimated completion time: 5 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Seven component scores (0-3 each) summed for global score 0-21. Score > 5 indicates poor sleep quality.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-5	Good sleep quality	None
6-21	Poor sleep quality	Consider sleep intervention

Psychometric Properties

Cronbach's alpha: 0.83 | Test-retest reliability: 0.85

Validity: Widely validated; correlates with polysomnography.

License

Free to use with citation

Citation (APA Format)

Buysse, D. J., Reynolds, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh Sleep Quality Index. *Psychiatry Research*, 28(2), 193-213.

DOI: 10.1016/0165-1781(89)90047-4

URL: <https://pubmed.ncbi.nlm.nih.gov/2748771/>