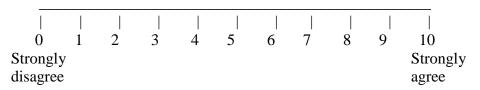
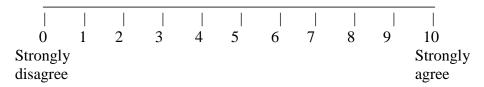
My beliefs about sleep

Several statements reflecting people's beliefs and attitudes about sleep are listed below. Please indicate to what extent <u>you personally agree or disagree with each statement</u>. For each statement, circle the number that corresponds to your own personal belief. Please respond to all items even though some may not directly apply to your situation.

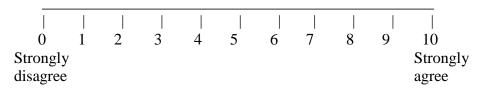
1. I need 8 hours of sleep to feel refreshed and function well during the day.



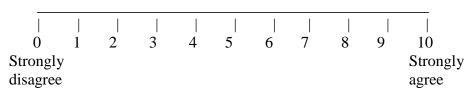
2. When I don't get the proper amount of sleep on a given night, I need to catch up the next day by napping or the next night by sleeping longer.



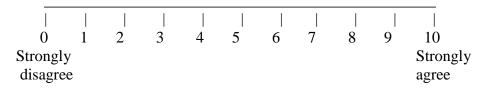
3. I am concerned that chronic insomnia may have serious consequences on my physical health.



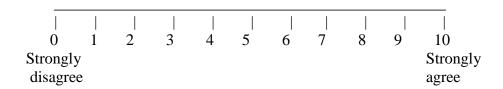
4. I am worried that I may lose control over my abilities to sleep.



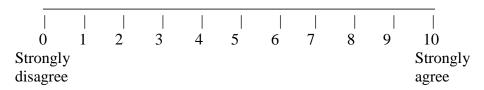
5. After a poor night's sleep, I know it will interfere with my activities the next day.



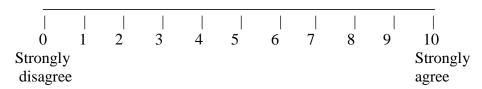
6. To be alert and function well during the day, I believe I would be better off taking a sleeping pill rather than having a poor night's sleep.



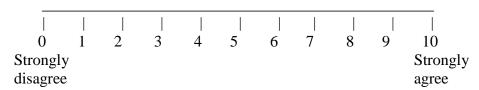
7. When I feel irritable, depressed, or anxious during the day, it is mostly because I did not sleep well the night before.



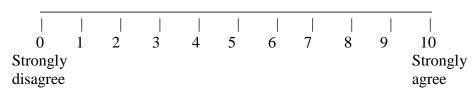
8. When I sleep poorly one night, I know it will disturb my sleep schedule for the whole week.



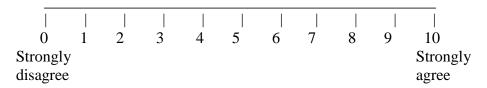
9. Without an adequate night's sleep, I can hardly function the next day.



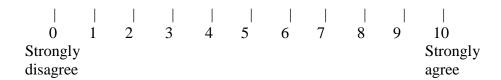
10. I can't ever predict whether I'll have a good or poor night's sleep.



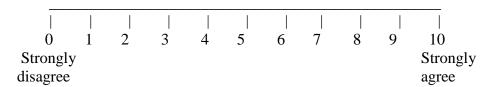
11. I have little ability to manage the negative consequences of disturbed sleep.



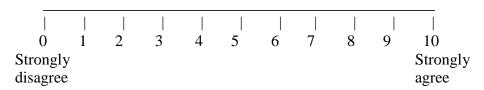
12. When I feel tired, have no energy, or just seem not to function well during the day, it is generally because I did not sleep well the night before.



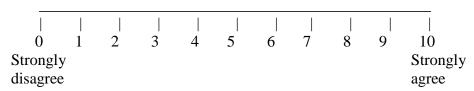
13. I believe insomnia is essentially the result of a chemical imbalance.



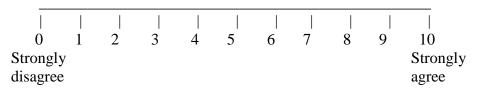
14. I feel insomnia is ruining my ability to enjoy life and prevents me from doing what I want.



15. Medication is probably the only solution to sleeplessness.



16. I avoid or cancel obligations (social, family) after a poor night's sleep.



Add up all of your responses and divide by 16. Is your score 4 or greater? Those with scores 4 or greater, or those with high rating on an individual item (i.e., 6 or greater) may have unrealistic expectations for sleep or their thoughts about their sleep or their ability to cope with sleep loss have become a factor in their sleep problem.