Glasgow Sleep Effort Scale

Broomfield, N., & Espie, C. (2005). Towards a valid, reliable measure of sleep effort.
Journal of Sleep Research, 14, 401-407.

The following seven statements relate to your night-time sleep pattern **in the past week**. *Please indicate by circling* one response how true each statement is for you.

1	I put too much effort into sleeping when it should come naturally	Very much	To some extent	Not at all
2	I feel I should be able to control my sleep	Very much	To some extent	Not at all
3	I put off going to bed at night for fear of not being able to sleep	Very much	To some extent	Not at all
4	I worry about not sleeping if I cannot sleep	Very much	To some extent	Not at all
5	I am no good at sleeping	Very much	To some extent	Not at all
6	I get anxious about sleeping before I go to bed	Very much	To some extent	Not at all
7	I worry about the consequences of not sleeping	Very much	To some extent	Not at all