SLEEP-WAKE PATTERN ASSESSMENT QUESTIONNAIRE (SWPAQ):

1. If I get up too early for several days in a row, then I need to make up for lost sleep.  yes  no
2. I seldom feel sleepy late in the evening.  yes  no
3. Sometimes I can't sleep because I'm too worried.  no  yes
4. I'm always sure that I will get up at the scheduled time in the morning.  no  yes
5. It is easy for me to change the time I go to sleep or get up (to either earlier or later hours).  yes  no
6. Sometimes I wake up too early in the morning and can't fall back asleep.  no  yes
7. Usually I wake up quickly and easily in the morning.  no  yes
8. Sometimes it is easy for me to get some work done in the beginning of the night.  yes  no
9. If I lie down in the daytime, I can quickly fall asleep.  no  yes
10. Sometimes, before falling into a sound sleep, I wake up a couple of times.  no  yes
11. I like to get up very early in the morning.  no  yes
12. Sometimes it is difficult for me to get things done in the evening.  no  yes
13. When I'm sleepy neither coffee nor strong tea can prevent me from falling asleep quickly.  yes  no
14. Some mornings it takes me a long time to wake up.  yes  no
15. Frequently I'm in a bad mood because I don't get enough sleep.  no  yes
16. If I'm awakened from sleeping, it is easy for me to fall back asleep again.  yes  no
17. Frequently I don't want to wake up in the morning.  yes  no
18. Sometimes it is hard for me to work in the late evening.  no  yes
19. Very rarely do I take a nap after lunch, even if I have the opportunity.  no  yes
20. I usually sleep "like a log" at night.  yes  no
21. If I don't get enough sleep one night, I can very easily catch up on my sleep the next night.  yes  no
22. I'm usually in a better mood in the evening than during the daytime.  yes  no
23. I can usually fall asleep after something has upset me.  yes  no
24. I'm easily awakened in the morning by an alarm clock.  no  yes
25. It is difficult for me when I have to change my normal sleeping schedule.  no  yes
26. If I'm awakened during the middle of the night, I can easily get back to sleep.  yes  no
27. I rarely wake up with the unpleasant thought that it is time to get up.  no  yes
28. If the work is interesting, I'm happy to work at night and rest during the day.  yes  no
29. Sometimes sleeping in the daytime gives me a headache.  no  yes
30. If I go to bed at my usual time, I fall asleep very quickly.  yes  no
31. If I have to wake up early during the week, I wake up early on the weekends as well.  no  yes
32. Often in the evening I feel very tired.  no  yes
33. If I worry about something during the evening, I cannot sleep well at night.  yes  no
34. It is difficult for me to wake up by myself at a certain designated time.  no  yes
35. Missing sleep doesn’t usually put me in a bad mood.  yes  no
36. It is easier for me to finish my work early in the morning than late at night.  no  yes
37. I don’t feel well in the morning, even after a long night's sleep.  yes  no
38. It is almost hard for me to work late at night.  no  yes
39. If I don’t get enough sleep at night, I can always make up for it with a nap after lunch.  yes  no
40. At the beginning of the night I’m easily awaken by any noise.  no  yes
41. It is rather easy for me to shift the time I sleep or wake.  yes  no
42. Usually, just before the time I go to sleep, my performance is still rather high.  yes  no
43. If it is possible, I enjoy taking a nap.  yes  no
44. I’m in a bad mood when I have to alter my normal sleeping schedule.  no  yes
45. It is easier for me to finish my work early in the morning than late at night.  no  yes
46. For me, a nap is a poor alternative for a night's sleep.  no  yes
47. I'm OK on the day followed by just a half-night sleep.  no  yes
48. Frequently, my alertness level in the evening is higher than in the morning.  yes  no
49. During the day I can fall asleep almost as quickly as at night.  yes  no
50. If my normal sleeping schedule is altered, I nod throughout the following day.  no  yes
51. In the evening I usually think out worse than in the morning.  no  yes
52. If I sleep enough every night, it’s hard for me to fall into a sound sleep during the day.  no  yes
Key for the SWPAQ:

Calculate the number of the circled answers in the left column for the following items:

Scale **M** (morningness)
1, 4, 7, 11, 14, 17, 21, 24, 27, 31, 34, 37.
The score range of the scale “M” is 0 to 12 (6 is an intermediate value).
Score towards 12 means “morning lateness”.

Scale **E** (eveningness)
2, 8, 12, 18, 22, 28, 32, 38, 42, 45, 48, 51.
The score range of the scale “E” is 0 to 12 (6 is an intermediate value).
Score towards 12 means “evening lateness”.

Scale **S** (quality of nighttime sleep)
3, 6, 10, 13, 16, 20, 23, 26, 30, 33, 36, 40.
The score range of the scale “S” is 0 to 12 (6 is an intermediate value).
Score towards 12 means a better quality of nighttime sleep.

Subscale **w** (ability to stay awake at unusual hours)
5, 15, 25, 35, 41, 44, 47, 50.
The score range of the subscale “w” is 0 to 8 (4 is an intermediate value).
Score towards 8 means a better ability to stay awake at unusual hours.

Subscale **f** (ability to fall asleep at unusual hours)
9, 19, 29, 39, 43, 46, 49, 52.
The score range of the subscale “w” is 0 to 8 (4 is an intermediate value).
Score towards 8 means a better ability to fall asleep at unusual hours.

References: