

Score Report for Andrea Sample

Gender: Female

Age: 41

Administration Date: September 21, 2022

Sleep Disturbance – Short Form 8A

Sleep-Related Impairment – Short Form 8A

Test	Raw Score	T-score	95% Confidence Interval	Interpretive Guideline*
Sleep Disturbance	13	44	38–50	Within normal limits
Sleep-Related Impairment	10	39	30–47	Within normal limits

Note. *These are general recommendations to aid in interpreting PROMIS® T-scores for these measures. Within a given condition, thresholds may differ. See www.healthmeasures.net for further interpretation.

Sleep Disturbance Item	Rating	Item Score
<i>In the past 7 days...</i>		
My sleep quality was...(R)	Good	2
My sleep was refreshing. (R)	Quite a bit	2
I had a problem with my sleep.	A little bit	2
I had difficulty falling asleep.	Not at all	1
My sleep was restless.	Not at all	1
I tried hard to get to sleep.	Not at all	1
I worried about not being able to fall asleep.	A little bit	2
I was satisfied with my sleep. (R)	Quite a bit	2

(R) = Reverse scored item.

Sleep-Related Impairment Item	Rating	Item Score
<i>In the past 7 days...</i>		
I had a hard time getting things done because I was sleepy.	Not at all	1
I felt alert when I woke up. (R)	Quite a bit	2
I felt tired.	A little bit	2
I had problems during the day because of poor sleep.	Not at all	1
I had a hard time concentrating because of poor sleep.	Not at all	1
I felt irritable because of poor sleep.	Not at all	1
I was sleepy during the daytime.	Not at all	1
I had trouble staying awake during the day.	Not at all	1

(R) = Reverse scored item.