

Our aim was to help patients and physicians (and other professionals e.g. psychologists, respiratory technologists, nurses etc ) to use widely used questionnaires in the sleep field. During this task we focused on cross-cultural and conceptual, rather than on linguistic/literal equivalence. To achieve our goal we followed the following steps:

### **Step1. Forward translation**

One translator, a health professional, familiar with terminology of the area covered by the instrument performed this task. The translator was knowledgeable of the English-speaking culture but his/her mother tongue was the primary language of the target culture. Instructions were given in the approach to translating, emphasizing conceptual rather than literal translations.

### **Step2. Back translation**

Using the same approach as that outlined in the first step, the instrument was then translated back to English by another translator. Some items that were suspected to be particularly sensitive to translation problems across cultures and words/phrases that we felt to be problematic, were reviewed by a few English-speaking translators. Discrepancies were reviewed and the final decision was made through the discussions.

Please note that our versions did not undergo a pre-test on the target population. Thus, they cannot be considered as final versions. Please give us your feedback when applying these translations in your target population.

### **Warning:**

Our translation may be imprecise and inaccurate in whole or in part. While our intent was to provide precise and meaningful translations, no liability and no responsibility are assumed by either Sleep and Alertness Clinic or our translators for any errors or ambiguities in the translations.