

Athens Insomnia Scale (阿森斯失眠量表)

Instructions: This scale is intended to record your own assessment of any sleep difficulty you might have experienced. Please, check (by circling the appropriate number) the items below to indicate your estimate of any difficulty, provided that it occurred at least three times per week during the last month.

说明: 这一份量表是为了协助你评估自己的睡眠困扰程度, 过去一个月以来, 你如果每星期至少有三天的睡眠困扰, 便可加以估算:

Sleep induction (time it takes you to fall asleep after turning-off the lights)

0: No problem 1: Slightly delayed 2: Markedly delayed 3: Very delayed or did not sleep at all

入睡时间 (从熄灯至睡着的时间)

0 没问题 1 略微延迟 2 中度延迟 3 严重延迟或根本没睡

Awakenings during the night

0: No problem 1: Minor problem 2: Considerable problem 3: Serious problem or did not sleep at all

睡眠中断

0 没问题 1 问题不大 2. 问题明显 3 严重中断或根本没睡

Final awakening earlier than desired

0: Not earlier 1: A little earlier 2: Markedly earlier 3: Much earlier or did not sleep at all

过早清醒

0 没提前 1 有点提前 2 明显早醒 3 严重早醒或根本没睡

Total sleep duration

0: Sufficient 1: Slightly insufficient 2: Markedly insufficient 3: Very insufficient or did not sleep at all

总睡眠时间

0 已足够 1 有点不足 2 中度不足 3 严重不足

Overall quality of sleep (no matter how long you slept)

0: Satisfactory 1: Slightly unsatisfactory 2: Markedly unsatisfactory 3: Very unsatisfactory or did not sleep at all

整体睡眠质量

0 很满意 1 有点不佳 2 明显欠佳 3 极不满意

Sense of well-being during the day

0: Normal 1: Slightly decreased 2: Markedly decreased 3: Very decreased

白天的美好感 (美好感意指心情、情绪状态)

0 还不错 1 有点下降 2 中度下降 3 严重下降

Functioning (physical and mental) during the day

0: Normal 1: Slightly decreased 2: Markedly decreased 3: Very decreased

白天身心功能 (包括体力、注意力、记忆力等)

0 还正常 1 有点下降 2 中度下降 3 严重下降

Sleepiness during the day

0: None 1: Mild 2: Considerable 3: Intense

白天嗜睡程度

0 没有嗜睡 1 轻度嗜睡 2 中度嗜睡 3 严重嗜睡