

Sleep Hygiene Index (SHI)

Instructions: Below you will find a list of statements. Please rate how true each statement is for you. Higher scores indicate worse sleep hygiene. Scores range from 0-52.

	Never	Rarely	Sometimes	Frequently	Always	Score
1. I take daytime naps lasting two or more hours.						
2. I go to bed at different times from day to day.						
3. I get out of bed at different times from day to day.						
4. I exercise to the point of sweating within 1 hour of going to bed.						
5. I stay in bed longer than I should two or three times a week.						
6. I use alcohol, tobacco, or caffeine within 4 hours of going to bed or after going to bed.						
7. I do something that may wake me up before bedtime (for example: play video games, use the internet, or clean).						
8. I go to bed feeling stressed, angry, upset, or nervous.						
9. I use my bed for things other than sleeping or sex (for example: watch television, read, eat, or study).						
10. I sleep on an uncomfortable bed (for example: poor mattress or pillow, too much or not enough blankets).						
11. I sleep in an uncomfortable bedroom (for example: too bright, too stuffy, too hot, too cold, or too noisy).						
12. I do important work before bedtime (for example: pay bills, schedule, or study).						
13. I think, plan, or worry when I am in bed.						

Total:

Higher scores indicate worse sleep hygiene

Used with permission from Dr. David Mastin, PhD

Mastin, D. F., Bryson, J., & Corwyn, R. (2006). Assessment of sleep hygiene using the Sleep Hygiene Index. *Journal of Behavioral Medicine*, 29(3): 223-227.