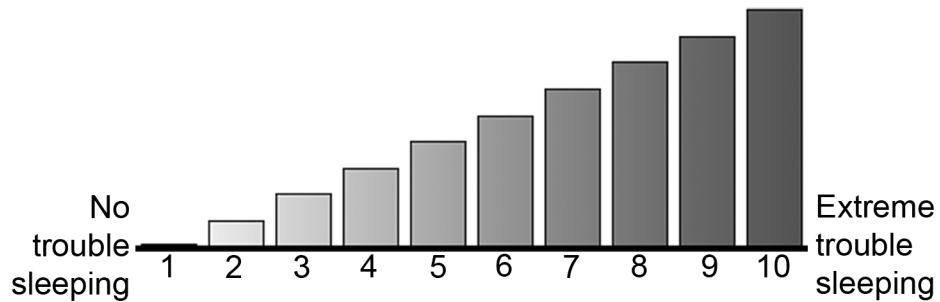




Sleep Visual Numeric

We are interested in learning whether or not you are affected by sleep problems. Please **circle** the number below that describes your **sleep** in the **past week**:



Scoring

The score is the number circled or histogram marked (radio buttons below the numbers are used on the Internet version). Scores range from 0 to 10, with the higher score indicating more sleep problems. If two consecutive numbers are circled, score the higher (more sleep problems) number, if two non-consecutive numbers are circled, do not score.

Characteristics

Tested on 955 subjects with chronic conditions.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	0-10	4.62	3.224	—	NA

Source of Psychometric Data

English language participants in the U.S. National Chronic Disease Self-Management Study. Study described in Ory MG, Ahn S, Jiang L, et al. National study of chronic disease self-management: six month outcome findings. Journal of Aging and Health. 2013 [in press].

Comments

This scale is a modified version of the visual analog scale. We found that this scale is easier for subjects to use, resulting in less missing and unclear responses. Available in Spanish.

References

Unpublished at this time.

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