

Neuro-QOL – Preliminary Adult Sleep Items

Sleep50 (NQSLP01)	In the past 7 days	I woke up too early and could not fall back asleep	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP02	In the past 7 days	I had to force myself to get up in the morning	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP03	In the past 7 days	I had trouble stopping my thoughts at bedtime	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP04	In the past 7 days	I was sleepy during the daytime	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP05	In the past 7 days	I had trouble sleeping because of bad dreams	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
Sleep87 (NQSLP06)	In the past 7 days	I had trouble staying asleep	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP07	In the past 7 days	I had trouble falling asleep	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP08	In the past 7 days	I had an urge to move my legs when I was sitting still or lying down	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP09	In the past 7 days	My legs jerked or twitched repeatedly during sleep	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP10	In the past 7 days	I experienced numbness or tingling in my arms or legs which woke me from sleep at night	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

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NQSLP11	In the past 7 days	I experienced tremor upon waking	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP12	In the past 7 days	Pain woke me up	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP13	In the past 7 days	I avoided or cancelled activities with my friends because I was tired from having a bad night's sleep	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP14	In the past 7 days	I had hallucinations at night (seeing or hearing things that do not exist)	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP15	In the past 7 days	Taking medicine helped me sleep	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP16	In the past 7 days	I screamed during sleep	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP17	In the past 7 days	I kicked, punched, or swung my arms during sleep	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP18	In the past 7 days	I felt physically tense during the middle of the night or early morning hours	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
NQSLP19	In the past 7 days	During the night I was awakened by stiffness and had trouble getting back to sleep	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

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NQSLP20	In the past 7 days	I had restless feelings in my legs in the evening or night	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
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