

Adolescent Sleep Hygiene Scale

Directions: Using the choices below, circle *how often* the following things have happened during the past month.

Never – has not happened

Once in Awhile – happened 20% of the time

Sometimes – happened 40% of the time

Quite Often – happened 60% of the time

Frequently, if not always – happened 80% of the time

Always – happened 100% of the time

		Always (100%)				
		Frequently, if not Always (80%)				
		Quite Often (60%)				
		Sometimes (40%)				
		Once in Awhile (20%)				
		Never (0%)				
During the day...						
1.	...I take a nap that lasts <i>more than</i> 1 hour.	N	O	S	Q	F A
2.	...I play or exercise for <i>more than</i> 20 minutes.	N	O	S	Q	F A
After 6:00 in the evening...						
3.	...I have drinks with caffeine (for example: cola, root beer, iced tea, coffee).	N	O	S	Q	F A
4.	...I take a nap.	N	O	S	Q	F A
5.	...I do some kind of physical activity (for example: exercise, play sports).	N	O	S	Q	F A
6.	...I smoke or chew tobacco.	N	O	S	Q	F A
7.	...I drink beer (or some other drinks with alcohol).	N	O	S	Q	F A
During the 1 hour before bedtime...						
8.	...I do things that make me feel <i>calm or relaxed</i> (for example: taking a hot bath/shower, listening to soft music, reading).	N	O	S	Q	F A
9.	...things happen that make me feel <i>strong emotions</i> (sadness, anger, excitement).	N	O	S	Q	F A
10.	...I am <i>very active</i> (for example: playing outside, running, wrestling).	N	O	S	Q	F A
11.	...I do things that make me feel <i>very awake</i> (for example: playing video games, watching TV, talking on the telephone).	N	O	S	Q	F A
12.	...I drink <i>more than</i> 4 glasses of water (or some other liquid).	N	O	S	Q	F A

		Always (100%)					
		Frequently, if not Always (80%)					
		Quite Often (60%)					
		Sometimes (40%)					
		Once in Awhile (20%)					
		Never (0%)					
I go to bed...							
13.	...and do things in my bed that keep me awake (for example: watching TV, reading).	N	O	S	Q	F	A
14.	...and think about things I <i>need</i> to do.	N	O	S	Q	F	A
15.	...feeling upset.	N	O	S	Q	F	A
16.	...and replay the day's events over and over in my mind.	N	O	S	Q	F	A
17.	...and worry about things happening at home or at school.	N	O	S	Q	F	A
18.	...with a stomachache.	N	O	S	Q	F	A
19.	...feeling hungry.	N	O	S	Q	F	A
I fall asleep...							
20.	...while listening to loud music.	N	O	S	Q	F	A
21.	...while watching TV.	N	O	S	Q	F	A
22.	...in a <i>brightly</i> lit room (for example: the overhead light is on).	N	O	S	Q	F	A
23.	...in <i>one place</i> and then move to <i>another place</i> during the night.	N	O	S	Q	F	A
24.	...in a room that feels <i>too hot</i> or <i>too cold</i> .	N	O	S	Q	F	A
I sleep...							
25.	...in a home where someone smokes cigarettes, cigars, or a pipe.	N	O	S	Q	F	A
I...							
26.	...get <i>too little</i> sleep.	N	O	S	Q	F	A
27.	...use a bedtime routine (for example: bathing, brushing teeth, reading).	N	O	S	Q	F	A
28.	...use my bed for things <i>other than sleep</i> (for example: talking on the telephone, watching TV, playing video games, doing homework).	N	O	S	Q	F	A
29.	...check my clock several times during the night.	N	O	S	Q	F	A

		Always (100%)					
		Frequently, if not Always (80%)					
		Quite Often (60%)					
		Sometimes (40%)					
		Once in Awhile (20%)					
		Never (0%)					
During the school week, I...							
30.	...stay up more than 1 hour past my usual <u>bedtime</u> . My <u>usual</u> school night bedtime is ____:____ am pm	N	O	S	Q	F	A
31.	..."sleep in" more than 1 hour past my usual <u>wake time</u> . My <u>usual</u> school day wake time is ____:____ am pm	N	O	S	Q	F	A
On weekends, I...							
32.	...stay up more than 1 hour past my usual <u>bedtime</u> . My <u>usual</u> weekend bedtime is ____:____ am pm	N	O	S	Q	F	A
33.	..."sleep in" more than 1 hour past my usual <u>wake time</u> . My <u>usual</u> weekend wake time is ____:____ am pm	N	O	S	Q	F	A

Scoring of the Adolescent Sleep Hygiene Scale (ASHS)

- The ASHS provides 8 subscale scores and an overall sleep hygiene score.
- Higher scores indicate better success on each of these dimensions of sleep hygiene.
- Response options are scored as follows:
 - Never (6 point)
 - Once in Awhile (5 points)
 - Sometimes (4 points)
 - Quite Often (3 points)
 - Frequently, if not Always (2 points)
 - Always (1 points)
- Reverse-code item 27

Physiological Factor (mean of 5 items)

- 3 After 6:00 in the evening, I have drinks with caffeine (e.g., cola, root beer, iced tea, coffee)
- 10 During the 1 hour before bedtime, I am very active (e.g., playing outside, running, wrestling)
- 12 During the 1 hour before bedtime, I drink more than 4 glasses of water (or some other liquid)
- 18 I go to bed with a stomachache
- 19 I go to bed feeling hungry

Behavioral Arousal Factor (mean of 3 items)

- 11 During the 1 hour before bedtime, I do things that make me feel very awake (e.g., playing video games, watching TV, talking on the telephone)
- 13 I go to bed and do things in my bed that keep me awake (e.g., watching TV, reading)
- 28 I use my bed for things other than sleep (e.g., talking on the telephone, watching TV, playing video games, doing homework)

Cognitive/Emotional Factor (mean of 6 items)

- 14 I go to bed and think about things I need to do
- 16 I go to bed and replay the day's events over and over in my mind
- 29 I check my clock several times during the night
- 9 During the 1 hour before bedtime, things happen that make me feel strong emotions (e.g., sadness, anger, excitement)
- 15 I go to bed feeling upset
- 17 I go to bed and worry about things happening at home or at school

Sleep Environment Factor (mean of 5 items)

- 20 I fall asleep while listening to loud music
 - 21 I fall asleep while watching TV
 - 22 I fall asleep in a brightly lit room (e.g., the overhead light is on)
 - 24 I fall asleep in a room that feels too hot or too cold
 - 23 I fall asleep in one place and then move to another place during the night
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Sleep Stability Factor (mean of 3 items)

- 30 During the school week, I stay up more than 1 hour past my usual bedtime
- 32 On weekends, I stay up more than 1 hour past my usual bedtime
- 33 On weekends, I “sleep in” more than 1 hour past my usual wake time

Daytime Sleep Factor (mean of 2 items)

- 1 During the day, I take a nap that lasts more than 1 hour
- 4 After 6:00 in the evening, I take a nap

Substances Factor (mean of 2 items)

- 6 After 6:00 in the evening, I smoke or chew tobacco
- 7 After 6:00 in the evening, I drink beer (or some other drinks with alcohol)

Bedtime Routine Factor (value for 1 item)

- 27 I use a bedtime routine (e.g., bathing, brushing teeth, reading)

TOTAL ASHS SCORE – (mean of all 8 subscales)**Items that are not part of a subscale or the total ASHS score but were included in the ASHS due to theoretical interest:**

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- During the day, I play or exercise for more than 20 minutes
 - After 6:00 in the evening, I do some kind of physical activity (e.g., exercise, play sports)

 - During the 1 hour before bedtime, I do things that make me feel calm/relaxed (e.g., taking a hot bath/shower, listening to soft music, reading)*
 - I sleep in a home where someone smokes cigarettes, cigars or a pipes
 - I get too little sleep
 - During the school week, I “sleep in” more than 1 hour past my usual wake time
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