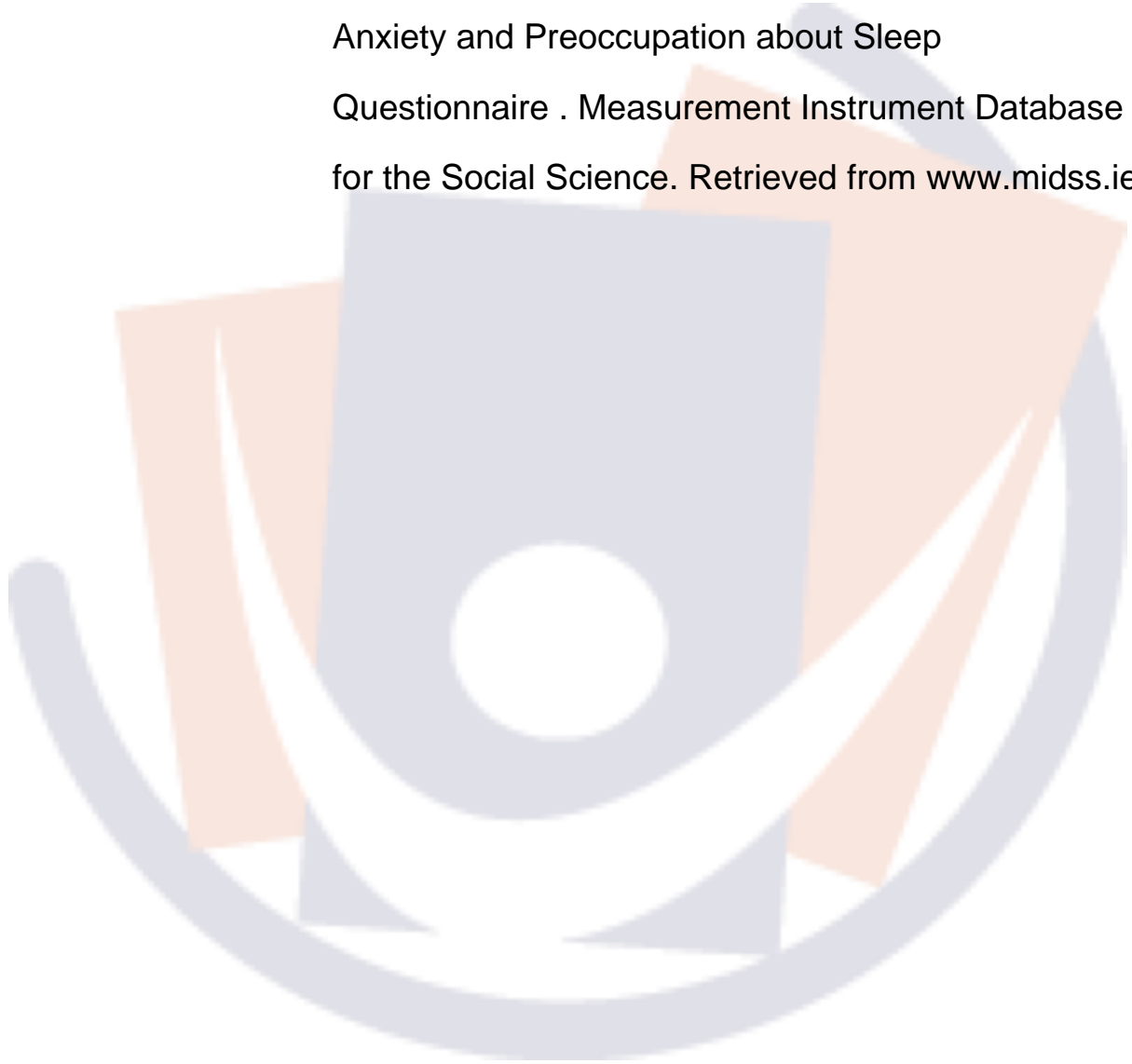


Instrument Title: The Anxiety and Preoccupation about Sleep
Questionnaire

Instrument Author: Allison G. Harvey and Nicole Tang

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APSQ

On the scales provided below, please rate each of the following statements for how true they are for you during the past month.

1. I worry about the amount of sleep I am going to get every night

1 2 3 4 5 6 7 8 9 10

Not true

Very true

2. I worry about how the amount of sleep I had last night is going to affect my day time performance

1 2 3 4 5 6 7 8 9 10

Not true

Very true

3. I worry about how the amount of sleep I get is going to afflict my health

1 2 3 4 5 6 7 8 9 10

Not true

Very true

4. I worry about how much the amount of sleep I get will weaken my social ability

1 2 3 4 5 6 7 8 9 10

Not true

Very true

5. I worry about how much the amount of sleep I get will shake my mood

1 2 3 4 5 6 7 8 9 10

Not true

Very true

6. I worry about my loss of control over sleep

1 2 3 4 5 6 7 8 9 10

Not true

Very true

7. I worry about my ability to stay awake and alert during the day

1 2 3 4 5 6 7 8 9 10

Not true

Very true

8. I put great effort into trying to rectify my sleep problems

1 2 3 4 5 6 7 8 9 10

Not true

Very true

9. My failure to rectify my sleep problems troubles me a lot

1 2 3 4 5 6 7 8 9 10

Not true

Very true

10. My worry about sleep is persistent

1 2 3 4 5 6 7 8 9 10

Not true

Very true