

| Functional Outcomes of Sleep Questionnaire (FOSQ)

Name

Today's Date

Instructions

Some people have difficulty performing everyday activities when they feel tired or sleepy. The purpose of this questionnaire is to find out if you generally have difficulty carrying out certain activities because you are too sleepy or tired.

In this questionnaire, when the words "sleepy" or "tired" are used, it means the feeling that you can't keep your eyes open, your head is droopy, that you want to "nod off", or that you feel the urge to take a nap. These words do not refer to the tired or fatigued feeling you may have after you have exercised.

Directions

Please put a "✓" in the box for your answer to each question. Select only **one answer** for each question.

Please try to be as accurate as possible. All information will be kept confidential.

Please mark "✓" as appropriate:	0 I don't do this activity for other reasons	4 No difficulty	3 Yes, a little difficulty	2 Yes, moderate difficulty	1 Yes, extreme difficulty
1. Do you have difficulty concentrating on the things you do because you are sleepy or tired?					
2. Do you generally have difficulty remembering things, because you are sleepy or tired?					
3. Do you have difficulty finishing a meal because you become sleepy or tired?					
4. Do you have difficulty working on a hobby (for example, sewing, collecting, gardening) because you are sleepy or tired?					
5. Do you have difficulty doing work around the house (for example, cleaning house, doing laundry, taking out the trash, repair work) because you are sleepy or tired?					
6. Do you have difficulty operating a motor vehicle for short distances (less than 100 miles) because you become sleepy or tired?					
7. Do you have difficulty operating a motor vehicle for long distances (greater than 100 miles) because you become sleepy or tired?					
8. Do you have difficulty getting things done because you are too sleepy or tired to drive or take public transportation?					
9. Do you have difficulty taking care of financial affairs and doing paperwork (for example, writing checks, paying bills, keeping financial records, filling out tax forms, etc.) because you are sleepy or tired?					
10. Do you have difficulty performing employed or volunteer work because you are sleepy or tired?					
11. Do you have difficulty maintaining a telephone conversation, because you become sleepy or tired?					

Please mark "✓" as appropriate:	0 I don't do this activity for other reasons	4 No difficulty	3 Yes, a little difficulty	2 Yes, moderate difficulty	1 Yes, extreme difficulty
12. Do you have difficulty visiting with your family or friends in your home because you become sleepy or tired?					
13. Do you have difficulty visiting with your family or friends in their home because you become sleepy or tired?					
14. Do you have difficulty doing things for your family or friends because you are too sleepy or tired?					
15. Has your relationship with family, friends or work colleagues been affected because you are sleepy or tired?		4 No	3 Yes, a little	2 Yes, moderately	1 Yes, extremely
In what way has your relationship been affected?					
16. Do you have difficulty exercising or participating in a sporting activity because you are too sleepy or tired?	0 I don't do this activity for other reasons	4 No difficulty	3 Yes, a little difficulty	2 Yes, moderate difficulty	1 Yes, extreme difficulty
17. Do you have difficulty watching a movie or videotape because you become sleepy or tired?					
18. Do you have difficulty enjoying the theater or a lecture because you become sleepy or tired?					
19. Do you have difficulty enjoying a concert because you become sleepy or tired?					
20. Do you have difficulty watching TV because you are sleepy or tired?					
21. Do you have difficulty participating in religious services, meetings or a group or club, because you are sleepy or tired?					

	0 I don't do this activity for other reasons	4 No difficulty	3 Yes, a little difficulty	2 Yes, moderate difficulty	1 Yes, extreme difficulty	
22. Do you have difficulty being as active as you want to be in the evening because you are sleepy or tired?						
23. Do you have difficulty being as active as you want to be in the morning because you are sleepy or tired?						
24. Do you have difficulty being as active as you want to be in the afternoon because you are sleepy or tired?						
25. Do you have difficulty keeping pace with others your own age because you are sleepy or tired?						
			1 Very low	2 Low	3 Medium	4 High

26. How would you rate your general level of activity?

	0 I don't do this for other reasons	4 No	3 Yes, a little	2 Yes, moderate	1 Yes, extreme
27. Has your intimate or sexual relationship been affected because you are sleepy or tired?					
28. Has your desire for intimacy or sex been affected because you are sleepy or tired?					
29. Has your ability to become sexually aroused been affected because you are sleepy or tired?					
30. Has your ability to "come" (have an orgasm) been affected because you are sleepy or tired?					

Scoring Instructions September 1996 Version (Revised 11/08/99)

Subscales	# Questions	Item #
General Productivity	8 questions	1 to 4, 8 to 11
Social Outcome	2 questions	12, 13
Activity Level	9 questions	5, 14 to 16, 22 to 26
Vigilance	7 questions	6, 7, 17 to 21
Intimate Relationships and Sexual Activity	4 questions	27 to 30

Subscale Scores

A response score of 0 for an item should be coded as a N/A or missing response. Thus, the potential range of scores for any item is **1 - 4**. Calculate the mean of the answered items with responses equal to or greater than 1 for each subscale. This is the weighted mean item total or subscale score.

For example, if a subscale has six questions, and one question has a missing response and one with a N/A response, then you would not include those two questions when you added the responses and you would divide by four instead of six when calculating the mean. This prevents a score bias due to missing answers or skipped questions because an individual does not engage in a particular activity do to reasons other than disorders of excessive sleepiness.

The **potential range of scores** for each subscale is **1 - 4**.

To obtain a Total Score:

Calculate the mean of the subscale scores and multiply that mean by the number of subscales for which there is a score. For example, if you a subscale score for all subscales, then you multiply the mean of those scores by 5; if you have subscale scores for only 4 of the 5 subscales, then you would multiply the mean by 4.

The potential range of scores for the Total Score is **5 - 20**.