

Client Information

<i>Client Name</i>	Dummy Client
<i>Date of birth (age)</i>	1 January 2000 (24)

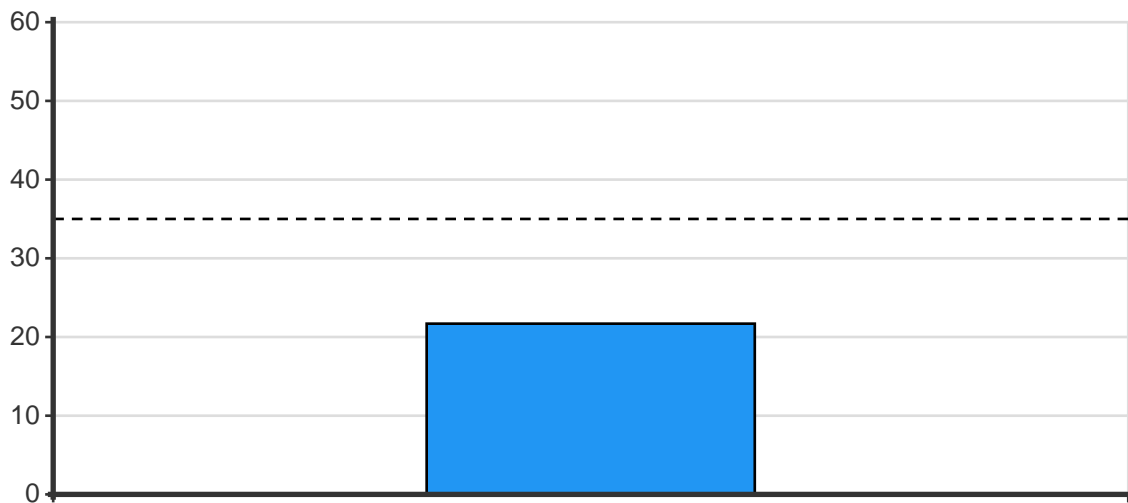
Assessment Information

<i>Assessment</i>	Sleep Hygiene Index (SHI)
<i>Date administered</i>	10 February 2024
<i>Assessor</i>	Mr Jimmy Whispers
<i>Time taken</i>	0 minutes 20 seconds

Results

	Score (0-52)	Percentile	Descriptor
Total Score	22	2.7	Good

Total Score



Scoring and Interpretation Information

Total scores range from 0 to 52 – with a higher score representing more behaviours that are compromising sleep hygiene.

Scores are also presented as a percentile rank, comparing the respondents scores against those of a normative sample (Mastin, Bryson, & Corwyn, 2006). Percentiles above 50 represent more problematic sleep behaviours than average, to the extent that they are likely contributing to poor sleep quality.

Scores below 26 are considered as good, 27-34 as normal, and 35 and above (indicated by a dotted line on the graph) are considered

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Scoring and Interpretation Information (cont.)

as poor sleep hygiene (Mastin et al. 2012).

When interpreting the Sleep Hygiene Index, it is important to consider that sleep hygiene does not exist in isolation. It is important for clinicians to use clinical judgement to understand the psychosocial context of the patient, as precipitating and maintaining factors of poor sleep hygiene behaviours may not be addressed by sleep education alone (Mastin, Bryson, & Corwyn, 2006).

Client Responses

		Never	Rarely	Sometimes	Frequently	Always
1	I take daytime naps lasting two or more hours.	0	1	2	3	4
2	I go to bed at different times from day to day.	0	1	2	3	4
3	I get out of bed at different times from day to day.	0	1	2	3	4
4	I exercise to the point of sweating within 1 hr of going to bed.	0	1	2	3	4
5	I stay in bed longer than I should two or three times a week.	0	1	2	3	4
6	I use alcohol, tobacco, or caffeine within 4hrs of going to bed or after going to bed.	0	1	2	3	4
7	I do something that may wake me up before bedtime (for example: play video games, use the internet, or clean).	0	1	2	3	4
8	I go to bed feeling stressed, angry, upset, or nervous.	0	1	2	3	4
9	I use my bed for things other than sleeping or sex (for example: watch television, read, eat, or study).	0	1	2	3	4
10	I sleep on an uncomfortable bed (for example: poor mattress or pillow, too much or not enough blankets).	0	1	2	3	4
11	I sleep in an uncomfortable bedroom (for example: too bright, too stuffy, too hot, too cold, or too noisy).	0	1	2	3	4
12	I do important work before bedtime (for example: pay bills, schedule, or study).	0	1	2	3	4
13	I think, plan, or worry when I am in bed.	0	1	2	3	4