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Electronic health records have the power to transform sleep practices when used to their full potential. This sleep resource is designed to be used in connection with your electronic health record to help you more systematically improve patient care. The list was developed with input from the Electronic Health Record Integration Task Force and should be considered a guide and not a requirement.

Recommended Questionnaires

These questionnaires are considered to be clearly useful and widely used in sleep medicine. The goal in developing this list was to be inclusive of most screening needs of a typical sleep practice.

- Epworth Sleepiness Scale (ESS)
- Insomnia Severity Index (ISI)
- STOP-BANG
- International Restless Legs Scale (IRLS)
- Children's Sleep Habits Questionnaire (CSHQ)
- Cleveland Adolescent Sleepiness Questionnaire (CASQ)
- Morningness-Eveningness Questionnaire (MEQ)
- Beck Depression Inventory-II (BDI-II)

Alternative Questionnaires

These questionnaires were selected because they are sometimes useful or particularly useful by specific types of sleep specialists. Depending on the sleep practice, these questionnaires may be used regularly or not at all.

- PROMIS Sleep Disturbance and Sleep Quality
- Patient Health Questionnaire (PHQ-2)
- Pittsburgh Sleep Quality Index (PSQI)
- BEARSC
- Brief Infant Sleep Questionnaire (BISQ)
- Berlin Questionnaire
- Fatigue Severity Scale (FSS)
- Pediatric Sleep Questionnaire (PSQ)
- Pediatric Daytime Sleepiness Scale (PDSS)