1. Under den senaste månaden, hur många timmar och minuters riktig sömn har du fått på nätterna?

Ange antal timmar \_\_\_ och minuter \_\_\_\_

Reference:

Buysse, DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ: The Pittsburgh Sleep Quality Index (PSQI): A new instrument for psychiatric research and practice. Psychiatry Research 28:193-213, 1989

Translation:

This CRF has been translated by [Markus Jansson-Fröjmark](https://staff.ki.se/people/markus-jansson-frojmark) and the translation has not been validated.