



FOSQ

Functional Outcomes of Sleep Questionnaire (Subject)

Study ID
 Time Point
 Staff ID
 Site ID

Name Code
 Date Completed / /

Directions: Please use dark marks. Fill bubbles completely. Example: ●Yes ○No

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: Select only one answer for each question. Please try to be as accurate as possible. All information will be kept confidential. Thank you for completing this questionnaire.

	(0) I don't do this activity for other reasons	(1) No difficulty	(2) Yes, a little difficulty	(3) Yes, moderate difficulty	(4) Yes, extreme difficulty
1. Do you have difficulty concentrating on the things you do because you are sleepy or tired?		<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. Do you generally have difficulty remembering things because you are sleepy or tired?		<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. Do you have difficulty finishing a meal because you become sleepy or tired?		<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. Do you have difficulty working on a hobby (for example, sewing, collecting, gardening) because you are sleepy or tired?	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
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?	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

Reviewer ID:
HomePAP_fosq

Review Date: / /
Last Modified 3-18-2008



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6. Do you have difficulty operating a motor vehicle for short distances (**less** than 100 miles) because you are sleepy or tired? 0 1 2 3 4

7. Do you have difficulty operating a motor vehicle for long distances (**greater** than 100 miles) because you become sleepy or tired? 0 1 2 3 4

8. Do you have difficulty getting things done because you are too sleepy or tired to drive or take public transportation? 0 1 2 3 4

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? 0 1 2 3 4

10. Do you have difficulty performing employed or volunteer work because you are sleepy or tired? 0 1 2 3 4

11. Do you have difficulty maintaining a telephone conversation because you become sleepy or tired? 0 1 2 3 4

12. Do you have difficulty visiting with family and friends in your home because you become sleepy or tired? 0 1 2 3 4





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13. Do you have difficulty visiting with family or friends in their home because you are too sleepy or tired? 0 1 2 3 4

14. Do you have difficulty doing things for your family or friends because you are too sleepy or tired? 0 1 2 3 4

(0) No	(1) Yes, a little	(2) Yes, moderately	(3) Yes, extremely
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15. Has your relationship with family, friends, or work colleagues been affected because you are sleepy or tired? 0 1 2 3

In what way have your relationships been affected? _____

(0) I don't do this activity for other reasons	(1) No difficulty	(2) Yes, a little difficulty	(3) Yes, moderate difficulty	(4) Yes, extreme difficulty
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16. Do you have difficulty exercising or participating in a sporting activity because you are too sleepy or tired? 0 1 2 3 4

17. Do you have difficulty watching a movie or videotape because you become sleepy or tired? 0 1 2 3 4





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18. Do you have difficulty enjoying the theater or a lecture because you become sleepy or tired? 0 1 2 3 4

19. Do you have difficulty enjoying a concert because you become sleepy or tired? 0 1 2 3 4

20. Do you have difficulty watching TV because you become sleepy or tired? 0 1 2 3 4

21. Do you have difficulty participating in religious services, meetings, or a group or club because you are sleepy or tired? 0 1 2 3 4

22. Do you have difficulty being as active as you want to be in the evening because you are sleepy or tired? 1 2 3 4

23. Do you have difficulty being as active as you want to be in the morning because you are sleepy or tired? 1 2 3 4

24. Do you have difficulty being as active as you want to be in the afternoon because you are sleepy or tired? 1 2 3 4

25. Do you have difficulty keeping pace with others your own age because you are sleepy or tired? 1 2 3 4





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(1)	(2)	(3)	(4)
Very low	Low	Medium	High

26. How would you rate your general level of activity? 1 2 3 4

(0) No (intimate or sexual relationship)	(1) No	(2) Yes, a little	(3) Yes, moderately	(4) Yes, extremely
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27. Has your intimate or sexual relationship been affected because you are sleepy or tired? 0 1 2 3 4

If NO to Question #27,  Here.

28. Has your desire for intimacy or sex been affected because you are sleepy or tired?	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
29. Has your ability to become sexually aroused been affected because you are sleepy or tired?	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
30. Has your ability to "come" (have an orgasm) been affected because you are sleepy or tired?	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

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