

RU SATED?

R Regularity: Do you go to bed and get up at the same time?

S Satisfaction: Are you satisfied with the quality of your sleep?

A Alertness: Do you stay awake all day without dozing?

T Timing: Are you asleep between 2am and 4am?

E Efficiency: Do you spend less than 30 min awake at night?

D Duration: Do you sleep between 7 and 9 hours per day?

Rarely/Never (0)	Sometimes (1)	Usually/Always (2)
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Tally SATED for a possible "score" out of 10