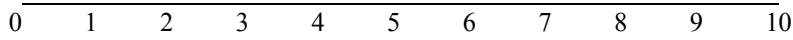
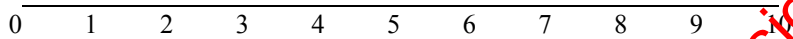


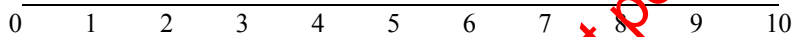
8. I am worried that I may lose control over my abilities to sleep.



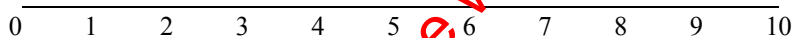
9. Because I am getting older, I should go to bed earlier in the evening.



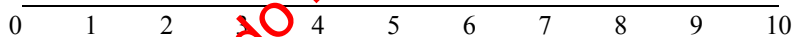
10. After a poor night's sleep, I know that it will interfere with my daily activities on the next day.



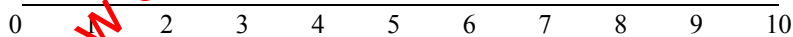
11. In order to be alert and function well during the day, I believe I would be better off taking a sleeping pill rather than having a poor night's sleep.



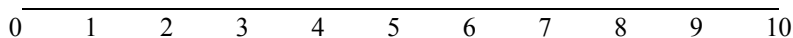
12. When I feel irritable, depressed, or anxious during the day, it is mostly because I did not sleep well the night before.



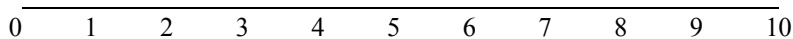
13. Because my bed partner falls asleep as soon as his/her head hits the pillow and stays asleep through the night, I should be able to do so too.



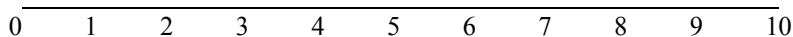
14. I feel that insomnia is basically the result of aging and there isn't much that can be done about this problem.



15. I am sometimes afraid of dying in my sleep.



16. When I have a good night's sleep, I know that I will have to pay for it on the following night.



Strongly Disagree Strongly Agree

0 1 2 3 4 5 6 7 8 9 10

17. When I sleep poorly on one night, I know it will disturb my sleep schedule for the whole week.

0 1 2 3 4 5 6 7 8 9 10

18. Without an adequate night's sleep, I can hardly function the next day.

0 1 2 3 4 5 6 7 8 9 10

19. I can't ever predict whether I'll have a good or poor night's sleep.

0 1 2 3 4 5 6 7 8 9 10

20. I have little ability to manage the negative consequences of disturbed sleep.

0 1 2 3 4 5 6 7 8 9 10

21. When I feel tired, have no energy, or just seem not to function well during the day, it is generally because I did not sleep well the night before.

0 1 2 3 4 5 6 7 8 9 10

22. I get overwhelmed by my thoughts at night and often feel I have no control over this racing mind.

0 1 2 3 4 5 6 7 8 9 10

23. I feel I can still lead a satisfactory life despite sleep difficulties.

0 1 2 3 4 5 6 7 8 9 10

24. I believe insomnia is essentially the result of a chemical imbalance.

0 1 2 3 4 5 6 7 8 9 10

25. I feel insomnia is ruining my ability to enjoy life and prevents me from doing what I want.

0 1 2 3 4 5 6 7 8 9 10

26. A "nightcap" before bedtime is a good solution to sleep problem.

0 1 2 3 4 5 6 7 8 9 10

Strongly Disagree Strongly Agree

0 1 2 3 4 5 6 7 8 9 10

27. Medication is probably the only solution to sleeplessness.

0 1 2 3 4 5 6 7 8 9 10

28. My sleep is getting worse all the time and I don't believe anyone can help.

0 1 2 3 4 5 6 7 8 9 10

29. It usually shows in my physical appearance when I haven't slept well.

0 1 2 3 4 5 6 7 8 9 10

30. I avoid or cancel obligations (social, family) after a poor night's sleep.

0 1 2 3 4 5 6 7 8 9 10

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