

Place a cross in the box which best reflects your situation over the previous time period.

QUESTIONS	previous night	breakfast (or until 7.00)	mid-morning (7.00 - 10.00)	lunch (10.00 - 13.00)	mid-afternoon (13.00 – 16.00)	dinner (16.00 – 19.00)	bed time (19.00 - 22.00)	sum				
<i>Slept greater part?</i>		yes	yes	yes	yes	yes	yes					
1. Walking	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3					
2. Changing position	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	<table border="1" style="display: inline-table;"><tr><td>0</td><td>1</td><td>2</td><td>3</td></tr></table>	0	1	2	3	0 1 2 3	0 1 2 3	
0	1	2	3									
3. Using your hands	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3					
4. Uncontrollable movements	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3					
5. Sleep	0 1 2 3	Number of hours sleep in previous night: <input type="text"/> (to the nearest half hour)			Number of minutes sleep during the day: <input type="text"/> (to the nearest 15 minutes)							
<i>sum 1-3</i>												

For 'walking', 'changing position' and 'using your hands':

0 = no difficulty

1 = slight difficulty (somewhat slow, no help required)

2 = moderate difficulty (rather slow, some help required)

3 = severe difficulty (impossible or only with a lot of help)

For 'uncontrollable movements':

0 = absent or do not bother me

1 = bother me slightly

2 = bother me moderately

3 = bother me a lot

For 'sleep':

0 = slept very well

1 = slept rather well

2 = slept rather badly

3 = slept very badly