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Sleep Medicine

A Survey on Sleep Questionnaires and Diaries

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Abstract

Sleep assessment is a fundamental part of health evaluation. In fact, many diseases such as obesity, diabetes, or hypertension, as well as psychiatric, neurological, and cardiovascular diseases produce sleep disorders that are often used as indicators, diagnosis symptoms, or even as predictors, e.g., for depression. For this reason, many efforts have been devoted to design methods to control and report about the sleep quality. Two of the most used sleep assessment tools are sleep questionnaires and sleep diaries. Both methods have a very low cost, they are easy to administer, they do not require a sleep centre (such as, e.g., polysomnography), they can be self-administered, and most important, their accuracy is relatively high, as it has been shown in recent studies. In this survey, we systematically revise and compare these tools. We examine the evolution over time of sleep questionnaires and diaries, comparing also their structure and usage. We also review the validation studies and comparatives done in previous studies. This allows us to compare the relative sensitivity and specificity of these methods. Modern sleep diaries come in the form of an app. Therefore, we also present the most advanced and used apps, and discuss their advantages over classical paper diaries.

Keywords: Sleep questionnaires; sleep diaries; sleep detection methods; Sleep quality assessment

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