

SLEEP ASSESSMENT QUESTIONNAIRE[®] (SAQ[®])

The Sleep Assessment Questionnaire[®] (SAQ[®]) is a 17 item self-administered questionnaire. It has been shown to be a highly sensitive and specific measure capable of discriminating patients with sleep disorders from controls (free of sleep disturbances).

Factor analysis of the 17 items have identified the following six sleep factors;

- i) Insomnia
- ii) Non-restorative Sleep
- iii) Restlessness
- iv) Daytime Sleepiness
- v) Sleep Apnea
- vi) Sleep Schedule Disorder

Receiver Operating Curves (ROC's) have been calculated for the total SAQ[®] score as well as for the following factor scores: insomnia, non-restorative sleep, restlessness, daytime sleepiness, and sleep apnea. The ROC's show the sensitivity/specificity at various cut-offs.

The SAQ[®] has been evaluated for its sensibility, reliability, validity and responsiveness to change.

References:

1. Cesta A, Moldofsky H, Sammut C. The University of Toronto Sleep Assessment Questionnaire[®] (SAQ[®]). *Sleep Res*, 25:486, 1996.
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3. Cesta A, Moldofsky H, Sammut C. The sensitivity and specificity of the Sleep Assessment Questionnaire[®] (SAQ[®]) as a measure of non-restorative sleep. *Sleep*, 22(1 Suppl): 14, 1999.
4. Mansfield RW, Cesta A, Sammut C, Moldofsky H. The sensitivity and specificity of the Sleep Assessment Questionnaire[®] in the identification of patients with insomnia, restless legs syndrome/periodic limb movement disorder, and narcolepsy/idiopathic hypersomnia. *Sleep*, 23(Suppl.2): A381, 2000.
5. Moldofsky H, Cesta A, Sammut C, Unger ER, Nisenbaum R., Reeves WC. Sleep disorders in a population-based study of chronic fatiguing illnesses with Sleep Assessment Questionnaire[®]. *Sleep*, 23(Suppl.2): A67, 2000.
6. Reeves WC, Nisenbaum R, Moldofsky H, Cesta A, Sammut C, Reyes M, Unger ER, Sleep assessment in population-based study of chronic fatigue syndrome, *Sleep*, 26: A370, 2003.

The SAQ[®] is sponsored by the TPRF for availability to interested professional parties. For further information about access to the computerized program and costs for the use and analyses, please contact Terence Kwong <t.kwong@utoronto.ca>