

**Table 1. Visual Analogue Scale for Fatigue**

Time \_\_\_\_\_ a.m. \_\_\_\_\_ p.m. ID # \_\_\_\_\_ Date \_\_\_\_\_

I am trying to find out about your level of energy before and after your night of sleep. There are 18 items I would like you to respond to. This should only take about 1 minute of your time. Thank you.

**DIRECTIONS:** You are asked to place an "X" through these lines to indicate how you are feeling **RIGHT NOW**. For example, suppose you have not eaten since yesterday. Where would you put the "X" on the line below?

not at all hungry \_\_\_\_\_ extremely hungry

You would probably put the "X" closer to the "extremely hungry" end of the line.  
This is where I put it:

not at all hungry \_\_\_\_\_ extremely hungry

**NOW PLEASE COMPLETE THE FOLLOWING ITEMS.**

not at all tired	_____	extremely tired
not at all sleepy	_____	extremely sleepy
not at all drowsy	_____	extremely drowsy
not at all fatigued	_____	extremely fatigued
not at all worn out	_____	extremely worn out
not at all energetic	_____	extremely energetic
not at all active	_____	extremely active
not at all vigorous	_____	extremely vigorous
not at all efficient	_____	extremely efficient
not at all lively	_____	extremely lively
not at all bushed	_____	totally bushed
not at all exhausted	_____	totally exhausted
keeping my eyes open is no effort at all	_____	keeping my eyes open is a tremendous chore
moving my body is no effort at all	_____	moving my body is a tremendous chore
concentrating is no effort at all	_____	concentrating is a tremendous chore
carrying on a conversation is no effort at all	_____	carrying on a conversation is a tremendous chore
I have absolutely no desire to close my eyes	_____	I have a tremendous desire to close my eyes
I have absolutely no desire to lie down	_____	I have a tremendous desire to lie down

Items 1-5 and 11-18 belong to the fatigue subscale. Items 6-10 belong to the energy subscale. With actual use, the horizontal lines should be exactly 100 mm. This 2-page instrument is available upon request.