

SLEEP DISTURBANCE

A brief guide to the PROMIS[®] Sleep Disturbance instruments:

ADULT	PEDIATRIC	PARENT PROXY
PROMIS Bank v1.0 – Sleep Disturbance	PROMIS Pediatric Bank v1.0 – Sleep Disturbance	PROMIS Parent Proxy Bank v1.0 – Sleep Disturbance
PROMIS Short Form v1.0 – Sleep Disturbance 4a	PROMIS Pediatric Short Form v1.0 – Sleep Disturbance 4a	PROMIS Parent Proxy Short Form v1.0 – Sleep Disturbance 4a
PROMIS Short Form v1.0 – Sleep Disturbance 6a	PROMIS Pediatric Short Form v1.0 – Sleep Disturbance 6a	PROMIS Parent Proxy Short Form v1.0 – Sleep Disturbance 6a
PROMIS Short Form v1.0 – Sleep Disturbance 8a		
PROMIS Short Form v1.0 – Sleep Disturbance 8b		

ABOUT SLEEP DISTURBANCE

The PROMIS Sleep Disturbance instruments assess self-reported perceptions of sleep quality, sleep depth, and restoration associated with sleep. This includes perceived difficulties and concerns with getting to sleep or staying asleep, as well as perceptions of the adequacy of and satisfaction with sleep. Sleep Disturbance does not focus on symptoms of specific sleep disorders, nor does it provide subjective estimates of sleep quantities (total amount of sleep, time to fall asleep, amount of wakefulness during sleep). The Sleep Disturbance short form is universal rather than disease-specific. It assesses sleep disturbance over the past seven days.

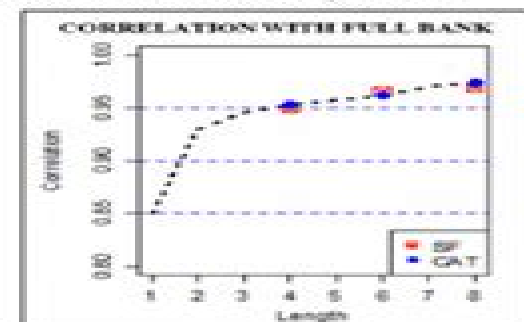
Sleep Disturbance instruments are available for adults (ages 18+), pediatric self-report (ages 8-17) and for parents serving as proxy reporters for their child (youth ages 5-17).

INTRODUCTION TO ASSESSMENT OPTIONS

There are two administration options for assessing Sleep Disturbance: short forms and computerized adaptive test (CAT). When administering a short form, instruct participants to answer all of the items (i.e., questions or statements) presented. With CAT, participant responses guide the system’s choice of subsequent items from the full item bank (27 items in total). Although items differ across respondents taking CAT, scores are comparable across participants. Some administrators may prefer to ask the same question of all respondents or of the same respondent over time, to enable a more direct comparability across people or time. In these cases, or when paper administration is preferred, a short form would be more desirable than CAT. This guide provides information on all Sleep Disturbance short form and CAT instruments.

Whether one uses a short form or CAT, the score metric is Item Response Theory (IRT), a family of statistical models that link individual questions to a presumed underlying trait or concept of sleep disturbance represented by all items in the item bank. When choosing between CAT and a short form, it is useful to consider the demands of computer-based assessment, and the psychological, physical, and cognitive burden placed on respondents as a result of the number of questions asked.

Figure 1 illustrates the correlations (strength of relationship) of the full



Promise Of Sleep

DP Hallahan



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Promise Of Sleep Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Promise Of Sleep**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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