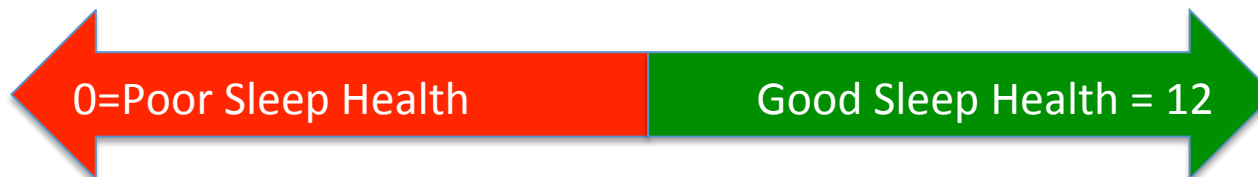


Assess YOUR Sleep Health

RU-SATED Questions	Rarely / Never 0	Sometimes 1	Usually / Always 2
Do you go to bed and get out of bed about the same time (within an hour) every day?			
Are you satisfied with your sleep?			
Do you stay awake all day without dozing?			
Is the middle of your sleep between 0200 and 0400?			
Do you spend less than 30 minutes awake at night? This includes time it takes to fall asleep plus any awakenings during sleep?			
Do you sleep between 6 and 8 hours per day?			



RU-SATED Information

- A very easy and quick way to assess your sleep health is to use the RU-SATED tool developed by Dr. Buysse of the University of Pittsburgh. The tool is comprised of 6 questions and three responses for each question. The scoring is easy and ranges from 0 to 12. Scores that are closer to 0 would suggest a poorer sleep health status whereas scores closer to 12 would indicate a more positive or good sleep health status. EMS clinicians and other first responders may consider using this easy and quick tool to help monitor their sleep health and to evaluate if actions taken to mitigate poor sleep or fatigue are helpful over time.
- Developed by Dr. Daniel J. Buysse at the University of Pittsburgh, School of Medicine, Department of Psychiatry.
- Source citation: Buysse et al., 2014; PMID-24470692.
- Follow-up studies show the tool is reliable and valid (Ravyts et al., 2019; PMID-31829724).