

## Appendix 1 Medical Outcome Study Six-Item Sleep Scale

How often during the past 4 weeks did you...

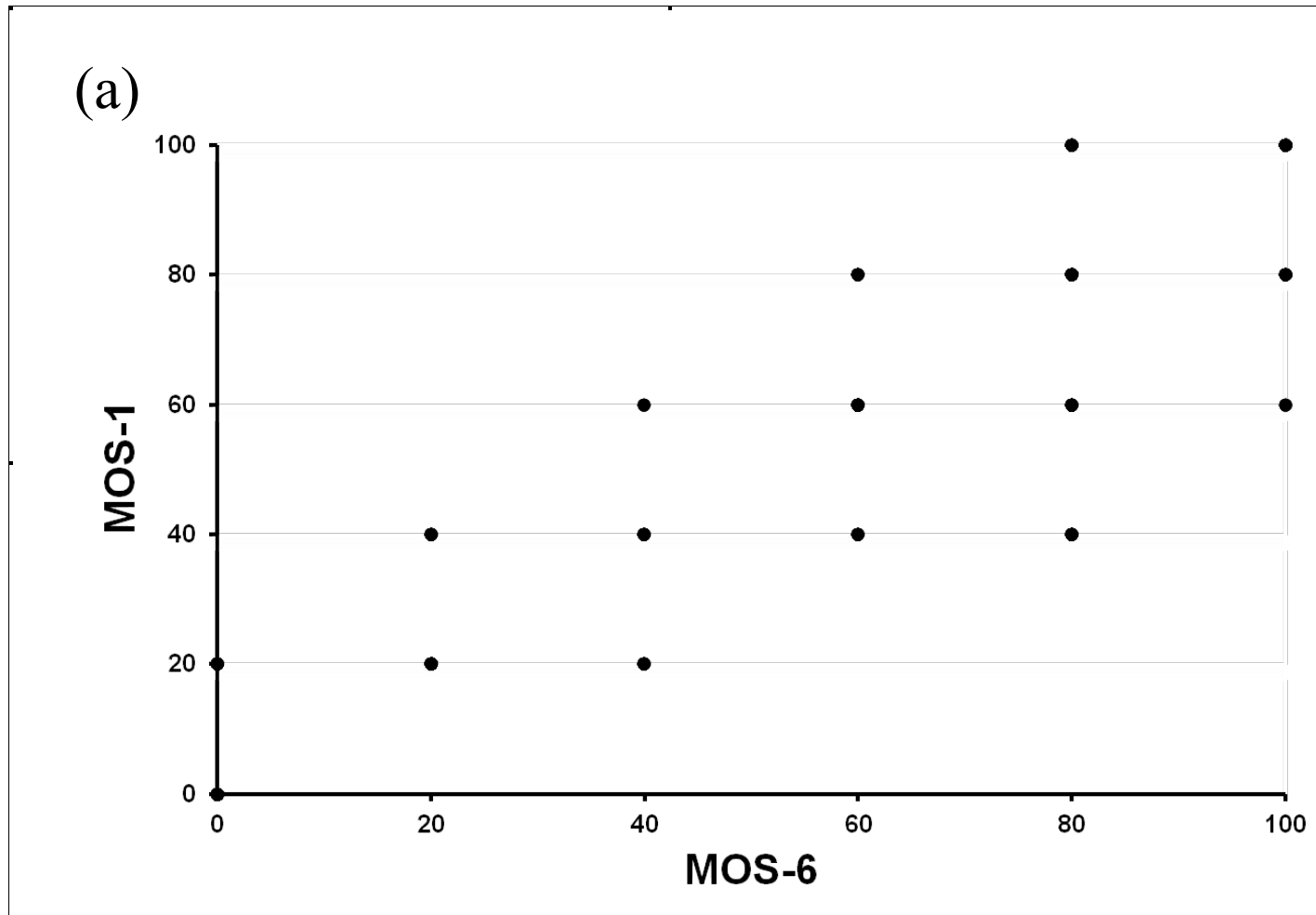
(circle one number on each line)

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
1. Get enough sleep to feel rested upon waking in the morning? (MOS-1)	1	2	3	4	5	6
2. Awaken short of breath or with a headache? (MOS-2)	1	2	3	4	5	6
3. Have trouble falling asleep? (MOS-3)	1	2	3	4	5	6
4. Awaken during your sleep time and have trouble falling asleep again? (MOS-4)	1	2	3	4	5	6
5. Have trouble staying awake during the day? (MOS-5)	1	2	3	4	5	6
6. Get the amount of sleep you needed? (MOS-6)	1	2	3	4	5	6

MOS, Medical Outcomes Study.

Appendix 2 Scatter plots between variables

Figure 1 (a) Scatter plot shows a positive linear relationship between Medical Outcomes Study (MOS)-1 and MOS-2. (b) Scatter plot shows a positive linear relationship between sleep problem index (SPI) and pain interference score.



(b)

