

Global Sleep Assessment Questionnaire (GSAQ) Interpretation

The GSAQ is a diagnostic tool used to assess various sleep disorders. Based on the patient's responses, the following conditions may be indicated according to specific response criteria.

Disorder	Criteria
Insomnia	Q1: Usually or Always AND Q3: Usually or Always
Comorbid Insomnia	Q1: Usually or Always AND Q3: Usually or Always AND Q10 a, b, c, d, e OR Q11: Usually or Always
Hypersomnia	Q2: Usually or Always AND Q3: Usually or Always
Sleep Apnea	Q5: Usually or Always OR Q6: Usually or Always
Restless Legs Syndrome/Periodic Limb Movement Disorder	Q7: Usually or Always OR Q8: Usually or Always AND Q3: Usually or Always
Parasomnia	Q9: Usually or Always AND Q3: Usually or Always
Shift Work Sleep Disorder	EMPLOYMENT STATUS: Night shift AND/OR Rotating shift AND Q1 AND/OR Q2: Usually or Always AND Q3: Usually or Always