Table 1:

BaSIQS internal consistency and item analyses (samples 1, 2 and 3):

	Corrected item-total correlation (sample 1)	(sample 2)	(sample 3)	Cronbach's Alpha if item deleted (sample 1)	(sample 2)	(sample 3)
Sleep onset latency	.445	.457	.496	.703	.764	.749
Difficulty initiating sleep	.571	.550	.605	.675	.746	.725
Night awakenings	.542	.561	.565	.683	.747	.736
Early morning awakenings	.324	.483	.344	.735	.759	.779
Awakening (during night or too early) is a problem	.363	.522	.501	.727	.752	.749
Perceived Sleep Quality	.501	.598	.554	.693	.739	.740
Sleep Depth	.448	.403	.460	.702	.774	.755

Cronbach's Alpha total Scale
.734 *.782* *.776*

Table 2:

BaSIQS two-factor (left and middle columns) and single factor (three right columns) solutions

	Sample 1		Sample 2		Sample 3		Sample	Sample	Sample
	F1	F2	F1	F2	F1	F2	F1	F2	F3
	Rotated pattern matrixes[a]						Factor matrixes		
Night awakenings	.734		.787		.731		.603	.640	.629
Sleep depth	.538		.472		.568		.522	.477	.521
Early morning awakenings	.529		.635		.528		.370	.553	.385
Perceived sleep quality	.428		.430		.451		.603	.687	.646
Awakening (night/too early) is a problem	.321		.617	(-.334)	.482		.431	.615	.577
Sleep onset latency		-.828		-.795		-.907	.579	.517	.597
Difficulty initiating sleep		-.760		-.752		-.746	.706	.621	.715
% variance explained	40.18	16.06	44.04	16.47	43.67	16.11			
total		*56.25*		*60.51*		*59.78*	*40.18*	*44.04*	*43.67*
KMO (Kaiser-Meyer-Olkin Measure of Sampling Adequacy)	.755		.794		.783		.755	.794	.783
Bartlett's Test of Sphericity: Chi square (d.f.=21)	2484.77*		659.18*		5647.51*		2484.77*	659.18*	5647.51*
Correlation between F1 and F2	-.491		-.507		-.504		---	---	---

* p<.001.

[a]Extraction Method: Principal Axis Factoring. Rotation Method: Direct Oblimin, for components factors with eigenvalues grater that 1. Only factor loadings > .30 are shown. Secondary loadings under parenthesis..

Table 3:

Correlation coefficients between the BaSIQS total score and the PSQI overall and components scores (sample 2)

	BaSIQS total score
PSQI_overall score	.652 *** (r)
C1_Subjective Sleep Quality	.525 ***
C2_Sleep latency	.611 ***
C3_Sleep Duration	.183 ***
C4_Habitual Sleep Efficiency	.165 ***
C5_Sleep Disturbances	.438 ***
C6_Use of Sleeping Medication	.284 ***
C7_Daytime Dysfunction	.227 ***

*** $p < .0001$

(r) Pearson product-moment correlation coefficient. Remaining coefficients corresponded to Spearman rho.

Table 4:

BaSIQS scores comparisons between PSQI sleep quality groups (sample 2)

	Poor Sleeper	Good sleeper	*P*
	Md | M	Md | M	Mann-Whitney
Time to fall asleep	1.0 | 1.25	0.0 | 0.42	<.*0001*
Sleep onset difficulty	2.0 | 2.06	1.0 | 1.14	<.*0001*
Night awakening	1.0 | 0.92	0.0 | 0.57	<.*001*
Early morning awakenings	1.0 | 1.44	1.0 | 1.07	<.*0001*
Awakening (night or prematurely) is a problem	1.0 | 1.47	1.0 | 0.94	<.*0001*
Sleep quality	2.0 | 1.68	1.0 | 0.93	<.*0001*
Sleep depth	2.0 | 1.85	1.0 | 1.49	<.*0001*
	M (SD)	M (SD)	Student t-test
Total BaSIQS score	10.65 (4.33)	6.56 (3.17)	<.*0001*

Table 5:

BaSIQS scores comparison between students reporting insomnia, reporting other sleep problems, or reporting no sleep problems (sample 3)

BaSIQS Items		Insomnia problems [1] (n=210)	Other sleep problems [2] (n=238)	No sleep problems [3] (n=2547)	F (2, 2992)	Post-hoc tests	Eta^2
Sleep latency	M	2.23	1.32	0.84	210.06***	1 > 2 > 3	.123
	(SD)	(1.224)	(1.211)	(0.937)			
Sleep onset difficulties	M	3.13	2.11	1.59	288.38***	1 > 2 > 3	.162
	(SD)	(.922)	(1.170)	(0.901)			
Night wakenings	M	1.30	1.26	0.80	58.23***	1, 2 > 3	.037
	(SD)	(1.054)	(1.059)	(0.831)			
Early morning wakenings	M	1.83	1.83	1.56	13.23***	1, 2 > 3	.009
	(SD)	(1.145)	(1.204)	(0.985)			
Waking (early/night) is a problem	M	2.16	1.75	1.28	80.88***	1 > 2 > 3[a]	.051
	(SD)	(1.169)	(1.159)	(1.056)			
Sleep quality	M	2.19	2.08	1.39	164.86***	1, 2 > 3[a]	.099
	(SD)	(.825)	(.925)	(0.779)			
Sleep depth	M	2.29	2.05	1.78	36.82***	1 > 2 > 3[a]	.024
	(SD)	(.985)	(1.028)	(0.909)			
BaSIQS Total score	M	15.12	12.40	9.23	240.10***	1 > 2 > 3[a]	.138
	(SD)	(4.285)	(5.209)	(4.045)			

*** p < .0001. Post hoc tests: Tamhane post hoc tests (Variance homogeneity not assumed), except for items/scores signalized with ([a]), where Tukey HSD post hoc tests were used (homogeneity of variances assumed).

Table 6:

Normative scores for men and women: means, standard deviations and percentiles posts

	Sample 1 men n =742 [2001 / 2002]	Sample 1 women n =912	Sample 3 Men (n = 906) [2012 / 2013]	Sample 3 Women (n =2995)	Subsample 3: 17-25 yr-old Men (n = 620)	Subsample 3: 17-25 yr-old Women (n = 1693)
M	8.04	9.33	9.90	10.25	9.00	10.06
SD	3.764	4.023	4.486	4.591	4.053	4.445
Percentile			Raw score			
05 =	3	3	3	3	3	4
10 =	4	4	4	4	4	5
20 =	5	6	6	6	5	6
25 =	5	6	6	7	6	7
30 =	6	7	7	7	7	7
40 =	7	8	8	8	8	9
50 =	8	9	9	10	9	10
60 =	8	10	10	11	10	11
70 =	10	11	11	12	11	12
75 =	10	12	11	13	11	13
80 =	11	13	12	13	12	14
90 =	13	14	14	16	14	16
95 =	15	16	17	18	17	18
96 =	16	17	17	19	17	19
97 =	17	18	18-19	20	17-18	20
98 =	18-19	19	20	21	19-20	21
99 =	20	20	21	22	21	22

A practical classification based on percentile/quartiles values, would be as follows:

BaSIQS score < P25 => good/very good sleep quality;

BaSIQS score from P25 to < P50 => good to average sleep quality;

BaSIQS score from P50 to <P75 => average to poor sleep quality;

BaSIQS score = or > P75 => poor/very poor sleep quality.