Instructions: The following questions relate to your experience of nightmares in the past month. Nightmares are dreams with negative emotions that wake you up [if you do not wake up, that is a bad dream, not a nightmare]. Please read each question and answer to the best of your ability. If you need more room, feel free to use the back of the page.

1. Approximately how many hours do you sleep per night? __________

2. Approximately how long does it usually take for you to fall asleep?
   - Less than 15 minutes
   - 15 minutes to 1 hour
   - 1 hour to 2 hours
   - More than 2 hours
   - if more, how many? __ hours

3. In general, how fearful are you to go to sleep?
   - Not at all
   - Slightly
   - Moderately
   - Very much
   - Extremely

4. In general, how depressed do you feel when you wake up?
   - Not at all
   - Slightly
   - Moderately
   - Very much
   - Extremely

5. In general, how rested do you feel when you wake up?
   - Not at all
   - Slightly
   - Moderately
   - Very much
   - Extremely

6. How long have you experienced nightmares? ___ months OR ___ years

7. Did your nightmares begin after a traumatic event, such as sexual assault, combat, fire or any other stressful event?
   - Yes
   - No

   7a. If yes, how old were you when the trauma occurred? _____

   7b. What was the trauma or stressful event? __________________________________

8. Approximately how many nightmares have you experienced in the past month?
   - in the past week
   - in the past month (if less than one per week)
   - less than one per month

9. On how many nights in the past week have you experienced a nightmare? _____

10. On how many nights in the past week have you experienced more than one nightmare per night? __________

11. In general, how disturbing have the nightmares been?
   - Not at all
   - Slightly
   - Moderately
   - Very much
   - Extremely

12. How many different nightmares do you generally experience? ______________
13. If you have experienced a trauma (serious car accident, natural disaster, sexual assault, etc.), please indicate how similar your nightmare is to the trauma you experienced. If you have more than one nightmare, please answer for the most frequent nightmare. My most frequent nightmare is:

___ Exactly or almost exactly like the trauma

___ Similar to trauma, but not exact; Please explain: ________________________________

____________________________________________________________________________

____________________________________________________________________________

___ Unrelated to traumatic event(s); Please explain: ________________________________

____________________________________________________________________________

____________________________________________________________________________

14a. How long does it typically take you to return to sleep after a nightmare?

___ less than 15 minutes
___ 15 minutes to 1 hour
___ 1 hour to 2 hours
___ more than 2 hours
___ typically do not return to sleep

14b. What do you do to help you get back to sleep? (e.g. nothing, read, watch TV, consume alcohol or drugs, etc…)

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

14c. After waking from the nightmare, do you experience any of the following symptoms? (check all that apply)

___ Palpitations, pounding heart, or accelerated heart rate
___ Feeling dizzy, unsteady, lightheaded, or faint
___ Sensations of shortness of breath or smothering
___ Chest pain or discomfort
___ Numbness or tingling sensations
___ Derealization (feelings of unreality)
___ Depersonalization (being detached from oneself)
___ Sweating
___ Trembling or shaking
___ Feeling of choking
___ Nausea or abdominal distress
___ Fear of losing control
___ Chills or hot flashes
___ Fear of dying
14d. What time do you generally wake up from a nightmare? [if you experience more than one nightmare per night, please indicate the time you wake from the first nightmare].

- 0-2 hours after sleep onset
- 3-5 hours after sleep onset
- 6-8 hours after sleep onset
- 9+ hours after sleep onset

15. In general, my nightmares are related to themes of

- Powerlessness
  - Not at all
  - Slightly
  - Moderately
  - Very much
  - Extremely

- Trust
  - Not at all
  - Slightly
  - Moderately
  - Very much
  - Extremely

- Intimacy
  - Not at all
  - Slightly
  - Moderately
  - Very much
  - Extremely

- Safety
  - Not at all
  - Slightly
  - Moderately
  - Very much
  - Extremely

- Esteem
  - Not at all
  - Slightly
  - Moderately
  - Very much
  - Extremely

16. In general, I have the same nightmare[s] over and over again

- Not at all
- Slightly
- Moderately
- Very much
- Extremely