

Teste Qualidade do Sono (PSQI/Epworth)

Neurodevelopmental Screening Report

31

/ 42

Score

74%

Percentage

Poor Sleep — Medical Consultation Advised

Result

Sleep is significantly disrupted. Linked to depression, anxiety, and cognitive impairment.

Category Breakdown

Category	Distribution	Pts
Sleep quality	<div><div style="width: 100%;"></div></div>	10
Daytime dysfunction	<div><div style="width: 100%;"></div></div>	9
Sleep disturbance	<div><div style="width: 100%;"></div></div>	12

Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	No último mês, como você avaliaria a qualidade geral do seu sono? <input type="text" value="global_quality"/>	Razoavelmente ruim	2
2	Quanto tempo você geralmente leva para adormecer à noite? <input type="text" value="latency"/>	31-60 min	2
3	Quantas horas de sono real você tem por noite em média? <input type="text" value="duration"/>	5-6 horas	2

#	Question	Your answer	Pts
4	Com que frequência você acorda durante a noite e não consegue voltar a dormir? disturbance	2 noites/semana	2
5	Com que frequência você sente muito calor ou frio ao tentar dormir? disturbance	2 noites/semana	2
6	Com que frequência ruído, luz ou desconforto perturbam seu sono? disturbance	2 noites/semana	2
7	Com que frequência você toma medicamentos para dormir? medication	2 noites/semana	2
8	Com que frequência teve dificuldade de se manter acordado/a enquanto dirigia ou socializava? dysfunction	2 noites/semana	2
9	Com que frequência teve dificuldade de manter o entusiasmo para realizar tarefas? enthusiasm	2 noites/semana	2
10	Probabilidade de cochilar: Sentado/a lendo epworth	Possibilidade moderada	2
11	Probabilidade de cochilar: Assistindo TV epworth	Possibilidade moderada	2
12	Probabilidade de cochilar: Em lugar público epworth	Possibilidade moderada	2
13	Probabilidade de cochilar: Como passageiro/a por uma hora epworth	Possibilidade moderada	2
14	Probabilidade de cochilar: Deitado/a para descansar à tarde epworth	Possibilidade moderada	2



AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

Your sleep screening results show that you may be experiencing significant challenges with your sleep quality and daytime functioning, which affects many people more than you might realize. Sleep difficulties are incredibly common, and the fact that you took this screening shows real self-awareness and care for your wellbeing. You're certainly not alone in facing these challenges, and there are many effective ways to improve sleep health with the right support and strategies.

Your score of 74% suggests that multiple aspects of your sleep may be impacted, including the quality of your rest, how sleep disruptions affect your daily life, and various factors that might be interfering with restorative sleep. This means you might find yourself feeling tired during the day, having trouble with concentration, or noticing that sleep issues are affecting your mood, energy levels, or ability to enjoy daily activities. These experiences can be frustrating, but they're also signals that your body and mind are asking for some additional support.

There are several gentle approaches you can explore to begin nurturing better sleep habits. Consider creating a consistent, calming bedtime routine that signals to your body it's time to wind down – this might include dimming lights, avoiding screens for an hour before bed, or practicing relaxation techniques like deep breathing or gentle stretching. Pay attention to your sleep environment too, ensuring your bedroom is cool, dark, and comfortable. Additionally, notice patterns in your daily habits that might be affecting your sleep, such as caffeine intake timing, meal schedules, or stress levels throughout the day.

Since this screening indicates that your sleep challenges may benefit from professional guidance, consider reaching out to a healthcare provider who can offer personalized strategies and rule out any underlying factors that might be affecting your rest. Sleep medicine has advanced tremendously, and there are many effective, gentle approaches available. Remember that improving sleep is often a gradual process, and even small positive changes can make a meaningful difference in how you feel each day. You deserve restorative, refreshing sleep, and taking this screening is an important first step toward achieving it.

Recommendations

Consult a doctor or sleep specialist. CBT-I is the most effective first-line treatment.

Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.