

NOTES TO ACCOMPANY THE SNoRE INSTRUMENT

Conditions of use:

- The SNoRE is designed as a Clinical Metrology Instrument (Questionnaire) to measure the pet owner's assessment of the severity of disturbed sleep due to chronic pain
- The SNoRE is copyrighted to NC State University.
- Use of this questionnaire in a commercial setting (e.g. company funded clinical trials) requires the permission for use of the SNoRE under license from North Carolina State University.
- The SNoRE will be acknowledged in any publication or report by citing the appropriate reference.
- The SNoRE will be used only in the form presented here, and the format, wording and order of the questions and responses will not be changed.
- The SNoRE must not be given to others.
- The SNoRE must not be sold in any form.

The SNoRE is a questionnaire with appropriate readability and proven discriminatory ability. Full validity testing is continuing, and further versions of the SNoRE may well be developed and recommended in the future.

Instructions:

1. The following instructions should be read to owners by the operator each time the SNoRE is administered:

“This questionnaire asks you questions about your pet's quality of sleep over a 7-day time period based on observance of pet's behavior during sleep.

Please read the questions carefully and place an 'X' in the appropriate circle ranging from 1 (No effect on quality sleep) located here, to 10 (Constant disruption of sleep by various activities) located here.

2. Upon completion of the questionnaire, the owner should return the questionnaire to the operator.

3. The total SNoRE score is the sum of scores for each question.

4. If questions are not answered by an individual, we recommend using %possible scores

We welcome feedback on the SNoRE.

Please contact Duncan Lascelles using: Duncan_Lascelles@ncsu.edu

Sleep and Night time Restlessness Evaluation (SNoRE)

1. Over the last 7 days, what has been your dog’s ability to sleep without moving or getting up (restful sleep)? Fill in the oval next to the number that best describes your dog’s ability to sleep:

Never moves Constant moving / never still

01 02 03 04 05 06 07 08 09 10

2. Fill in the oval next to the one number that best describes your dog’s sleep over the last 7 days

Never twitches Constant twitching

01 02 03 04 05 06 07 08 09 10

3. Fill in the oval next to the one number that best describes your dog’s sleep over the last 7 days

Never dreams Constant dreaming

01 02 03 04 05 06 07 08 09 10

4. Fill in the oval next to the one number that best describes your dog’s sleep over the last 7 days

Never shifts position Constantly shifting position

01 02 03 04 05 06 07 08 09 10

5. Fill in the oval next to the one number that best describes your dog’s sleep over the last 7 days

Never vocalizes Constantly vocalizing

01 02 03 04 05 06 07 08 09 10

6. Fill in the oval next to the one number that best describes your dog’s sleep over the last 7 days

Never paces Constantly pacing

01 02 03 04 05 06 07 08 09 10