

Table SII. List of sleep items of the validated sleep questionnaires with assessment of their relevance to patients with chronic pruritus

Items	PSQI ^b	RIS ^b	AIS ^c	MOS	BIS	ISI	SQI	GSES	SSS	ESS
<i>Quantitative aspects of sleep measurement</i>										
1. Time to go to bed ^a	+	+								
2. Time to fall asleep ^a	+(n=2)	+	+	+(n=2)	+	+	+(n=2)			
3. Time to get up ^a	+	+								
4. Sleep duration ^a	+	+	+	+						
<i>Qualitative aspects of sleep measurement</i>										
5. Waking up in the middle of the night or too early in the morning ^a	+	+(n=2)	+(n=2)	+	+(n=2)	+(n=2)	+(n=3)			
6. Sleep quality/sleepless nights ^a	+	+	+		+	+		+		
7. Daytime sleepiness ^a	+(n=2)		+	+(n=3)					+	+
8. Life quality			+							
9. Impaired daytime		+	+		+	+(n=2)				
10. Thinking about sleep		+						+(n=2)		
11. Hypnotic intake	+	+					+			
12. Fear of insomnia		+						+(n=2)		
Number of relevant items to pruritus patients	7	6	5	4	3	3	2	1	1	1

^aImportant item for the pruritus patients; ^bselected questionnaires; ^calso useful, but no validated German version available.

PSQI: Pittsburgh Sleep Quality Index; RIS: Regensburg Insomnia Scale; AIS: Athens Insomnia Scale; MOS Sleep: Medical Outcome Study Sleep Scale; SQI: Sleep Quality Index; BIS: Bergen Insomnia Scale; ISI: Insomnia Severity Index; GSES: Glasgow Sleep Effort Scale; SSS: Stanford Sleepiness Scale; ESS: Epworth Sleepiness Scale.