

Supplementary material for article

**Transdermal rotigotine improves sleep fragmentation in
Parkinson's disease: results of the multicentre, prospective
SLEEP-FRAM study**

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Parkinson's Disease – Sleep Fragmentation Questionnaire

(PD-SFQ)

(0 – 24 points)

Over the *last 2 weeks*, on average, how often have you been bothered by the following problems?

1. How many times do you wake up during the night?
 - a. Never.
 - b. Once.
 - c. Twice.
 - d. Three times.
 - e. ≥ 4 times.

2. How long does it take you to fall asleep again after waking up?
 - a. Less than 10 minutes.
 - b. Between 10 and 30 minutes.
 - c. Between 30 and 60 minutes.
 - d. Between 60 and 120 minutes.
 - e. >120 minutes.

3. How many hours do you actually sleep every night?
- a. > 8 hours.
 - b. Between 6 – 8 hours.
 - c. Between 4 – 6 hours.
 - d. Between 2 – 4 hours.
 - e. < 2 hours.
4. How many times must you urinate during the night?
- a. Never.
 - b. Once.
 - c. Twice.
 - d. Three times.
 - e. ≥ 4 times.
5. How many times do you wake up at night because of inner restlessness or pain in your legs that improves shortly after you move them or get up and walk around?
- a. Never.
 - b. Once.

c. Twice.

d. Three times.

e. ≥ 4 times.

6. How many times do you wake up at night with pain, muscle cramps, or rigidity in your legs that does not improve even if you move them or get up and walk around?

a. Never.

b. Once.

c. Twice.

d. Three times.

e. ≥ 4 times.