



Greene Climacteric Scale

Please indicate the extent to which you are bothered, at the moment, by any of these by placing a tick in the appropriate box.

|                                   | <b>Not at all<br/>0</b> | <b>A little<br/>1</b> | <b>Quite a bit<br/>2</b> | <b>Extremely<br/>3</b> | <b>Comment</b> |
|-----------------------------------|-------------------------|-----------------------|--------------------------|------------------------|----------------|
| Heart beating quickly or strongly |                         |                       |                          |                        |                |
| Feeling tense or nervous          |                         |                       |                          |                        |                |
| Difficulty in sleeping            |                         |                       |                          |                        |                |
| Excitable                         |                         |                       |                          |                        |                |
| Attacks of anxiety, panic         |                         |                       |                          |                        |                |
| Difficulty in concentrating       |                         |                       |                          |                        |                |
| Feeling tired or low in energy    |                         |                       |                          |                        |                |
| Loss of interest in most things   |                         |                       |                          |                        |                |
| Feeling unhappy or depressed      |                         |                       |                          |                        |                |
| Crying spells                     |                         |                       |                          |                        |                |
| Irritability                      |                         |                       |                          |                        |                |
| Feeling dizzy or light-headed     |                         |                       |                          |                        |                |
| Pressure or tightness in head     |                         |                       |                          |                        |                |
| Parts of body feeling numb        |                         |                       |                          |                        |                |
| Headaches                         |                         |                       |                          |                        |                |
| Muscle and joint pains            |                         |                       |                          |                        |                |
| Loss of feelings in hands or feet |                         |                       |                          |                        |                |
| Breathing difficulties            |                         |                       |                          |                        |                |
| Hot flushes                       |                         |                       |                          |                        |                |
| Sweating at night                 |                         |                       |                          |                        |                |
| Loss of interest in sex           |                         |                       |                          |                        |                |
| SCORE                             |                         |                       |                          |                        |                |

Contact us: [www.goodsleep.clinic](http://www.goodsleep.clinic) | Phone: 07943 836168 | Email: [hello@goodsleep.clinic](mailto:hello@goodsleep.clinic)

Registered in England and Wales, company number 12170306

Registered address: 71 New Dover Road, Canterbury, Kent, CT1 3DZ