

Section B: Sleep Habits and Problems

This next section asks questions about your sleep habits and sleep-related problems.

1. On a typical weekday, over the past month, how many hours and minutes do you think you actually slept? *This may be different than the time spent in bed. (Do not include time spent napping.)*

For example:

hours and minutes

Fill in your answer below.

hours and minutes Don't know

2. On a typical weekend day, over the past month, how many hours and minutes do you think you actually slept? *This may be different than the time spent in bed. (Do not include time spent napping.)*

hours and minutes Don't know

3. In a typical week over the past month, how many days out of 7 did you usually have a daytime or evening nap?

- Less than 1 day per week in the last month
- 1 day per week
- 2 days per week
- 3 days per week
- 4 days per week
- 5 days per week
- 6 days per week
- 7 days per week
- Don't know

4. **Over the past month**, how would you rate your sleep quality overall?

- Excellent
- Very good
- Good
- Fair
- Poor

5. **In the past 12 months**, how often did you snore while you were sleeping?

- Never
- Rarely (1-2 nights per week)
- Occasionally (3-4 nights per week)
- Frequently (5 or more nights per week)
- Don't know (no one told you that you snore)

6. **In the past 12 months**, how often did you snort, gasp, or stop breathing while you were asleep?

- Never
- Rarely (1-2 nights per week)
- Occasionally (3-4 nights per week)
- Frequently (5 or more nights per week)
- Don't know (no one told you that you snort, gasp, or stop breathing while sleeping)

7a. Have you **ever been told** by a doctor or other health professional that you have **sleep apnea**?

- Yes
- No → Go to question 8, page 5
- Don't know → Go to question 8, page 5

7b. If yes, which treatments for sleep apnea have you had? *Please fill in all that apply.*

- None
- Weight loss
- CPAP/BiPAP
- Surgery
- Dental device
- Other
- Don't know

8. Have you ever been told by a doctor or other health professional that you have a sleep disorder other than sleep apnea? Please fill in all that apply.

- Yes, insomnia
- Yes, restless legs
- Yes, narcolepsy
- Yes, other sleep disorder
- No
- Don't know

In the past month...

	Never	Rarely (1 time)	Sometimes (2-4 times)	Often (5-15 times)	Almost always (16-30 times)	Don't know
9. How often did you have trouble falling asleep.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. How often did you wake up during the night and have trouble getting back to sleep.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. How often did you wake up too early in the morning and have trouble getting back to sleep.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. How often did you feel excessively sleepy during the day.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Self-Administered Questionnaire (SAQ)

13. How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? *This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you.*

	<u>Chance of Dozing or Falling Asleep</u>			
	No chance	Slight chance	Some chance	High chance
13a. Sitting and reading.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13b. Watching TV.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13c. Sitting inactive in a public place (such as a theater or a meeting).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13d. As a passenger in a car for an hour without a break.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13e. Lying down to rest in the afternoon when circumstances permit.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13f. Sitting and talking to someone.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13g. Sitting quietly after a lunch without alcohol.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13h. In a car, while stopped for a few minutes in traffic.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Source: The Epworth Sleepiness Scale