

## Biological Clocks Questionnaire

People arrange their daily lives differently according to when they go to bed and wake up (also known as an individual's "clock gene" network). In our research, we are trying to find the biological mechanisms behind the phenomenon of different clock genes. What makes a person a night owl? Why are some people early risers? We are particularly interested in how people with different clock gene networks adapt to shift work.

On this page, please fill out your personal and contact information. This information will be kept confidential at all times. We ask for your name, address and contact information in case we wish to contact you for participation in future research. Please be assured that all of your personal information will be treated with the utmost confidentiality.

After you have completed this questionnaire, it will be encoded with a unique number, and the front page—with all of your identifying information—will be removed and stored separately in a locked cabinet in the office of Nursing Research. All evaluations will be performed only with the anonymous, encoded pages that follow, and **at no time** will any of your identifying information be associated with the answers you give throughout the questionnaire.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

CODE NUMBER (please do not fill out): \_\_\_\_\_

**NOTE: On each subsequent page, you will see a space for the above code number, generated by research personnel. Please leave each of these spaces blank).**

This questionnaire is based on a questionnaire originally designed by Drs. Till Roenneberg and Martha Merrow in Munich, Germany and Dr. Anna Wirz-Justice in Basel, Switzerland.

CODE NUMBER \_\_\_\_\_

1. Which hours do you currently work?

7am-7pm  7pm-7am  7am-3pm  3pm-11pm  11pm-7am

Other "daytime" 12-hour shift (example: 4am-4pm)

Other "nighttime" 12-hour shift (example: 4pm-4am)

Other daytime 8-hour shift (example: 4am-12:00pm)

Other nighttime 8-hour shift (example: 12:00 pm-8:00pm)

Other hospital shift hours (please give shift times): \_\_\_\_\_

I do not work in hospital shift hours; I work "normal" clinic/office hours

2. How many months/years have you worked these current hours?

0-11 months  1-2 years  3-5 years  6-10 years  more than 10 years

3. Do you routinely alternate the hours you work between daytime and nighttime hours (at least once every two weeks?)  yes  no

4. On a scale from 1-10, how well do you feel you adapt to your current work hours?

(Answer by circling the appropriate number on the grid below):

Examples: 1 = not well at all; I tend to feel tired all the time, cannot enjoy my days off, and my sleep cycles never seem to be regulated

5 = middle-of-the-road; I'm okay with working this shift, but I still feel tired on my first day off, and my sleep patterns vary at times

10 = very well; I really enjoy this shift, have no trouble getting my energy back on my first days off, and sleep just as well when working as I do when not working

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  
not well middle-of-the-road very well

**If you are not currently a hospital shift worker (i.e., day or night shift), but you have previous experience as a hospital shift worker in another position, please answer questions 5-9. If you are currently a hospital shift worker, or you have never worked hospital shifts, please proceed to question 10.**

5. Which hours did you work? (choose only one option; if you've worked in more than one position as a shift worker, or more than one type of shift, please refer to your most recent position):

7am-7pm  7pm-7am  7am-3pm  3pm-11pm  11pm-7am

Other daytime 12-hour shift (example: 4am-4pm)

Other nighttime 12-hour shift (example: 4pm-4am)

Other daytime 8-hour shift (example: 4am-12:00pm)

Other nighttime 8-hour shift (example: 12:00 pm-8:00pm)

Other hospital shift hours (please give shift times): \_\_\_\_\_

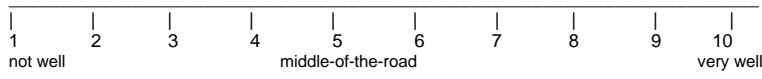
6. How many months/years did you work these shift hours?

0-11 months  1-2 years  3-5 years  6-10 years  more than 10 years

CODE NUMBER: \_\_\_\_\_

7. Did you routinely alternate the hours you worked between daytime and nighttime hours (at least once every two weeks?) \_\_\_yes \_\_\_no

8. On a scale from 1-10, how well do you feel you adapted to these shift hours? (answer by circling the appropriate number on the grid below):  
**Examples:** 1 = not well at all; I tended to feel tired all the time, cannot enjoy my days off, and my sleep cycles never seemed to be regulated  
 5 = middle-of-the-road; I was okay with working this shift, but I still felt tired on my first day off, and my sleep patterns varied at times  
 10 = very well; I really enjoyed this shift, had no trouble getting my energy back on my first days off, and slept just as well when working as I did when not working



9. Why did you leave shift work for your current position? (check all that apply);  
 \_\_\_could not adapt to shift work  
 \_\_\_other (please specify): \_\_\_\_\_

10. How likely are you to doze off (rather than just feeling tired) while sitting and reading or watching TV? Rate as: "never doze" (ND); "slight chance" (S); "moderate chance" (M); or "high chance" (H) of dozing.  
 \_\_\_\_\_

11. How many caffeinated drinks do you drink daily? (Please answer in terms of the number of cups of coffee or tea or number of portions of caffeinated soft drinks per day):  
 \_\_\_\_\_

12. What is your average alcohol intake? (Please answer in terms of the number of alcohol-containing drinks per week):  
 \_\_\_\_\_

13. Are you regularly taking any medications that might affect your sleep patterns?  
 \_\_\_yes \_\_\_no

The charts on the next two pages represent a *hypothetical* work-week with five days off and three days on for a night shift or a day shift schedule. In this sample week, days off are typical days off without parties or travel. Working times are shown in grey. If you are a night shift worker, please fill in the night shift chart (page 4) to document your typical sleeping patterns. If you are a day shift worker, please fill in the day shift chart (page 5) to document your typical sleeping patterns. If you have worked both shifts and you remember both of your patterns accurately, please fill in both charts—if you can't remember both patterns, fill in the one you remember best (probably your current shift).

CODE NUMBER: \_\_\_\_\_

Table 1: Night Shift

Day A	Day B	Day C	Day D	Day E	Day F	Day G	Day H
Off	Off	Off	Off	Work	Work	Work	Off

Please clearly and **precisely** indicate the times you sleep and/or regularly nap during this hypothetical week by blacking out the relevant squares.

Day A	Day B	Day C	Day D	Day E	Day F	Day G	Day H
12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.
12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.
1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.
1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.
2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.
2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.
3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.
3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.
4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.
4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.
5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.
5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.
6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.
6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.
7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.
7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.
8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.
8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.
9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.
9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.
10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.
10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.
11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.
11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.
12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.
12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.
1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.
1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.
2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.
2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.
3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.
3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.
4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.
4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.
5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.
5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.
6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.
6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.
7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.
7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.
8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.
8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.
9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.
9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.
10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.
10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.
11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.
11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.

CODE NUMBER: \_\_\_\_\_

**Table 2: Day Shift**

Day A	Day B	Day C	Day D	Day E	Day F	Day G	Day H
Off	Off	Off	Work	Work	Work	Off	Off

Please clearly and **precisely** indicate the times you sleep and/or regularly nap during this hypothetical week by blacking out the relevant squares.

Day A	Day B	Day C	Day D	Day E	Day F	Day G	Day H
12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.	12-12:30 a.m.
12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.	12:30-1 a.m.
1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.	1-1:30 a.m.
1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.	1:30-2 a.m.
2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.	2-2:30 a.m.
2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.	2:30-3 a.m.
3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.	3-3:30 a.m.
3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.	3:30-4 a.m.
4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.	4-4:30 a.m.
4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.	4:30-5 a.m.
5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.	5-5:30 a.m.
5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.	5:30-6 a.m.
6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.	6-6:30 a.m.
6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.	6:30-7 a.m.
7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.	7-7:30 a.m.
7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.	7:30-8 a.m.
8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.	8-8:30 a.m.
8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.	8:30-9 a.m.
9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.
9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.	9:30-10 a.m.
10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.	10-10:30 a.m.
10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.	10:30-11 a.m.
11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.	11-11:30 a.m.
11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.	11:30-12 p.m.
12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.	12-12:30 p.m.
12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.	12:30-1 p.m.
1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.	1-1:30 p.m.
1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.	1:30-2 p.m.
2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.	2-2:30 p.m.
2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.	2:30-3 p.m.
3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.	3-3:30 p.m.
3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.	3:30-4 p.m.
4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.	4-4:30 p.m.
4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.	4:30-5 p.m.
5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.	5-5:30 p.m.
5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.	5:30-6 p.m.
6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.	6-6:30 p.m.
6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.	6:30-7 p.m.
7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.	7-7:30 p.m.
7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.	7:30-8 p.m.
8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.	8-8:30 p.m.
8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.	8:30-9 p.m.
9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.	9-9:30 p.m.
9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.	9:30-10 p.m.
10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.	10-10:30 p.m.
10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.	10:30-11 p.m.
11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.	11-11:30 p.m.
11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.	11:30-12 a.m.

CODE NUMBER: \_\_\_\_\_

- I prefer to sleep in a completely dark room: \_\_\_yes \_\_\_no.
- I wake up more easily when morning light shines into my room: \_\_\_yes \_\_\_no.
- On days off when I wake up I generally need \_\_\_ minutes to get out of bed after I've woken up.
- Have you noticed any difference in the regularity of your menstrual cycle while working night vs. day shifts? (if relevant to your work experience and age): \_\_\_yes \_\_\_no
- If you take naps when you have a chance to, on which day(s) of the week do you tend to take naps. (please answer in terms of ABCDEFG from the sample work week above, and indicate these nap times on the preceding chart[s].)

Day A \_\_\_ Day B \_\_\_ Day C \_\_\_ Day D \_\_\_ Day E \_\_\_ Day F \_\_\_ Day G \_\_\_

Please review the chart(s) you completed on the previous pages to make sure you precisely indicated all regular sleeping times, **including naps**.

- On average, how much time do you spend outside, exposed to sunlight?  
On work days: \_\_\_hours \_\_\_minutes  
On free days: \_\_\_hours \_\_\_minutes

**PLEASE PROCEED TO THE FINAL PAGES**

CODE NUMBER: \_\_\_\_\_

**Self assessment**

After you have answered the preceding questions, you should have an idea about which "time of day" type you are. If for example, you like (and manage) to sleep quite a bit longer on free days than on workdays, or you cannot get out of bed on Monday mornings, even without a Sunday-night party, then you are more of a "late" type. If, however, you regularly wake up and feel perky once you jump out of bed, and if you would rather go to bed early than participate in an evening activity, then you are an "early" type. In the following questions, please categorize yourself and your family members. If you work the night shift, please answer this question for yourself from your experience living on an ordinary schedule (i.e., not a night shift schedule).

Mark only one possibility for each line!

Description of categories: extreme early type = 0  
moderate early type = 1  
slight early type = 2  
"normal" type = 3  
slight late type = 4  
moderate late type = 5  
extreme late type = 6

I am ... 0  1  2  3  4  5  6

as a child, I was ... 0  1  2  3  4  5  6

as teenager, I was... 0  1  2  3  4  5  6

In case you are older than 65: in the middle of my life, I was ...  
0  1  2  3  4  5  6

My parents are/were...

Mother ... 0  1  2  3  4  5  6

Father ... 0  1  2  3  4  5  6

My siblings are/were ... (please underline **Brother** or **Sister**)

Brother/Sister 0  1  2  3  4  5  6

Brother/Sister 0  1  2  3  4  5  6

Brother/Sister 0  1  2  3  4  5  6

Brother/Sister 0  1  2  3  4  5  6

Brother/Sister 0  1  2  3  4  5  6

Brother/Sister 0  1  2  3  4  5  6

Brother/Sister 0  1  2  3  4  5  6

My partner, if applicable (girl/boyfriend, spouse, significant other) is/was ...  
0  1  2  3  4  5  6

CODE NUMBER \_\_\_\_\_

Please complete the following demographic information:

Gender: \_\_\_male \_\_\_female

Age: \_\_\_ years

How many children are living in your household?  
\_\_\_none \_\_\_1 – 3 \_\_\_4 – 6 \_\_\_more than 6

If there are children in the home, what are their age ranges (check all that apply):  
\_\_\_0 – 2 years \_\_\_3 – 5 years \_\_\_6 – 10 years \_\_\_older than 10 years

Thank you for taking the time to fill out this questionnaire and contribute to our research. We appreciate your help.

Revised 10/03/05