

Sleep Questions.

The aim of these questions is to provide us with some idea as to how well you sleep. Please answer all questions. When using times please ensure that these are in the 24-hour clock format. If you have any questions please ask the nurse who is conducting the visit.

Sleep Questions.

SLEEP HABITS QUESTIONNAIRE (STAHARIO4)

Have you ever suffered from a sleep disorder? (please give details including test, diagnosis, and treatment)

Do you normally sleep alone or with a partner

Bedtime

Please fill in the boxes with the time(s) asked in the question and tick (✓) the appropriate box for the yes/no questions.

1. My usual weekday (workday) bedtime is: : (Time)

2. On weekdays (workdays) the earliest and latest time in the last two weeks I went to bed is:

: and : (Time)

3. My usual weekend (off days) bedtime is: : (Time)

4. On weekends (off days) the earliest and latest time in the last two weeks I have gone to bed is:

: and : (Time)

5. I frequently do not feel sleepy at bedtime and stay up so late that I get little sleep.

Yes No

6. I have a job that involves shift-work or night work:

Yes No

7. I frequently travel across time zones (east-west travel):

Yes No

8. To feel my best, I should go to bed at: : (Time)

Wake-up time.

1. On weekdays (workdays) I usually wake-up at: : (Time)

2. On weekdays (workdays) the earliest and latest time in the last two weeks that I have awakened is:

: and : (Time)

3. On weekends (off days) the earliest and latest time in the last two weeks that I have awakened is:

: and : (Time)

4. On weekends (off days) I usually wake-up at: : (Time)

5. To feel my best, I should get up at: : (Time)

Sleeptime

1. On the average, how long do you actually sleep at night?

Weekdays (workdays): : (Hours & Minutes)

Weekends (off days): : (Hours & Minutes)

2. How many hours should you sleep to feel your best?

: (Hours & Minutes)

3. How many naps do you average each week?

4. How long do naps usually last?

: (Hours & Minutes)

5. After taking a nap I usually feel: *(please tick ✓ the appropriate box)*

refreshed

groggy/sleepy

Sleep Onset and Maintenance

1. How many times in the past two weeks have you had trouble going to sleep (sleep onset greater than 20 minutes)?:

2. On the average, how long does it take for you to fall asleep?:

: (Hours & Minutes)

3. My shortest and longest sleep onset times in the last two weeks have been:

: and : (Hours & Minutes)

4. The number of times that I usually wake-up during the night is:

5. My best estimates of the clock time(s) during the night that I wake-up is (are):

: : : :

6. If I wake-up during the night, the time it usually takes me to fall back asleep is:

: (Hours & Minutes)

7. The total amount of time I am awake during the night after I fall asleep is:

: (Hours & Minutes)

8. The dozing time I generally spend between awakening in the morning and getting out of bed is: : (Hours & Minutes)

9. During the first 30 minutes after waking up in the morning, I usually feel:
(please tick ✓ the appropriate box)

- very groggy
- somewhat drowsy
- slightly drowsy but awake
- completely alert