

## Shift Work

In the past month, did you typically work a non-standard shift schedule (starts before 7am or after 2pm, rotates, or regularly includes hours outside of the standard 7am to 6pm work day)?

Yes

No

## Shift Work

Which of the following best described the hours you usually work at your main job or business:

- A regular daytime schedule
- A regular evening shift
- A regular night shift
- A rotating shift

On average, how many times per week do you work the non-standard shifts?

- 1 day/week
- 2 days/week
- 3 days/week
- 4 days/week
- 5 days/week
- 6 days/week
- 7 days/week

When did you start working non-standard shifts?

- Less than 1 month ago
- 1-6 months ago
- 7-12 months ago
- 1-5 years ago
- More than 5 years ago

For non-rotating shifts, what time do you typically start a non-standard shift?

Time                      hh        mm        AM/PM

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For non-rotating shifts, what time do you typically end a non-standard shift?

Time                      hh                      mm                      AM/PM  
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In the past month, while working non-standard shifts, your overall amount of sleep was...

- Sufficient
- Slightly insufficient
- Somewhat insufficient
- Very insufficient

In the past month, did you experience sleepiness while working non-standard work shifts?

- None
- Mild
- Considerable
- Intense

Evaluate the following statements.

	No problem	Minor problem	Considerable problem	Serious problem
In the past month, while working non-standard shifts, did you have a problem falling asleep at bedtime?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the past month, while working non-standard shifts, did you have a problem staying asleep?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the past month, while working non-standard shifts, did you have a problem with waking up too early and not being able to get back to sleep?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In the past month, while working non-standard shifts, your overall quality of sleep (no matter how long you slept) was...

- Satisfactory
- Slightly unsatisfactory
- Somewhat unsatisfactory
- Very unsatisfactory

Your sleep is typically obtained during:

- Daylight hours
- Night-time hours
- Overlapping daylight and night-time hours

Evaluate the following statements.

Normal                      Slightly decreased                      Somewhat decreased                      Very decreased

In the past month, while working non-standard shifts, your sense of well-being during the time you were awake was

                                                                

In the past month, while working non-standard shifts, your physical and mental functioning during the time you were awake was

                                                                

Evaluate the following statements.

Not at all                      Slight chance                      Moderate chance                      Highly likely                      Not applicable

In the past month, how likely were you to doze off at work during your non-standard shift?

                                                                                      

In the past month, how likely were you to doze off while driving after working a non-standard shift?

                                                                                      

In the past month, how likely were you to doze off while commuting (not driving) after working a non-standard shift?

In the past year, did you have at least a one week break from working non-standard shifts (for example, one week of vacation, or one week of standard daytime shifts)?

Yes

No

## Shift Work

During your break from non-standard shifts, your overall amount of sleep was

- Sufficient
- Slightly insufficient
- Somewhat insufficient
- Very insufficient

During your break from non-standard shifts, did you experience sleepiness during the time you were awake?

- None
- Mild
- Considerable
- Intense

Evaluate the following statements.

	No problem	Minor problem	Considerable problem	Serious problem
During your break from non-standard shifts, did you have a problem falling asleep at bedtime?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During your break from non-standard shifts, did you have a problem with staying asleep?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During your break from non-standard shifts, your overall quality of sleep (no matter how long you slept) was

- Satisfactory
- Slightly unsatisfactory
- Somewhat unsatisfactory
- Very unsatisfactory

During your break from non-standard shifts, your physical and mental functioning during the time you were awake was

- Normal
- Slightly decreased
- Somewhat decreased
- Very decreased

During your break from non-standard shifts, how long was the time delay you experienced in getting to sleep at bedtime?

- No delay
- Slightly delayed
- Somewhat delayed
- Very delayed

How likely were to doze off or fall asleep while driving after at least two days off from work?

- Not at all
- Slight chance
- Moderate chance
- Highly likely
- Not applicable