

**SL1.** How many nights out of 7 in a typical week do you have problems falling asleep?

(IWER: IF R GIVES A RANGE OR SAYS "IT DEPENDS", PROBE: "In general")

(IWER: IF A RANGE IS STILL GIVEN AFTER PROBE, ENTER THE LOWER NUMBER)

- \_ NUMBER OF NIGHTS IN A TYPICAL WEEK
- 0. NONE/NEVER/LESS THAN 1 ----> QSL4
- 7. EVERY NIGHT/ALL OF THEM
- DK -----> QSL4

**SL3.** How long does it usually take you to fall asleep on the nights you have a problem falling asleep?

(IWER: IF R GIVES A RANGE OR SAYS "IT DEPENDS", PROBE: "In general")

(IWER: IF A RANGE IS STILL GIVEN AFTER PROBE, ENTER THE LOWER NUMBER)

- #\_\_\_\_\_ < one-quarter, one-fourth = 1/4 >
- DK < one-half = 1/2 >
- HR- HOURS < three-quarters, three-fourths = 3/4 >
- MI- MINUTES < one-third = 1/3 >
- < two-thirds = 2/3 >

**SL4.** How many nights out of 7 in a typical week do you have problems STAYING asleep throughout the night?

(IWER: IF R GIVES A RANGE OR SAYS "IT DEPENDS", PROBE: "In general")

(IWER: IF A RANGE IS STILL GIVEN AFTER PROBE, ENTER THE LOWER NUMBER)

(IF NEEDED: "Please include waking up for any reason including going to the bathroom, feeding a baby, taking care of children, or taking care of a pet.")

- \_ NUMBER OF NIGHTS IN A TYPICAL WEEK
- 0. NONE/NEVER/LESS THAN 1 ----> QSL8
- 7. EVERY NIGHT/ALL OF THEM
- DK -----> QSL8

**SL5.1.** How much time do you usually spend awake at night on the nights you have trouble sleeping?

(IWER: IF R GIVES A RANGE OR SAYS "IT DEPENDS", PROBE: "In general")

(IWER: IF A RANGE IS STILL GIVEN AFTER PROBE, ENTER THE LOWER NUMBER)

#_____	< one-quarter, one-fourth = 1/4	>
DK	< one-half = 1/2	>
HR- HOURS	< three-quarters, three-fourths = 3/4	>
MI- MINUTES	< one-third = 1/3	>
	< two-thirds = 2/3	>

**SL6.** How many times per night do you usually wake up during [that night/those [QSL4] nights]?

(IF NEEDED: "On the nights when you have a problem staying asleep, how many times do you usually wake up in the night?")

(IWER: IF R GIVES A RANGE OR SAYS "IT DEPENDS", PROBE: "In general")

(IWER: IF A RANGE IS STILL GIVEN AFTER PROBE, ENTER THE LOWER NUMBER)

\_\_\_ NUMBER OF TIMES YOU WAKE UP DURING THE NIGHT  
 08. 8 OR MORE TIMES  
 DK

**SL7.** How long does it usually take you to get back to sleep once you wake up at night?

(IF R NEVER FALLS BACK TO SLEEP, ENTER 999 MI)

(IWER: IF R GIVES A RANGE OR SAYS "IT DEPENDS", PROBE: "In general")

(IWER: IF A RANGE IS STILL GIVEN AFTER PROBE, ENTER THE LOWER NUMBER)

#_____	< one-quarter, one-fourth = 1/4	>
DK	< one-half = 1/2	>
HR- HOURS	< three-quarters, three-fourths = 3/4	>
MI- MINUTES	< one-third = 1/3	>
	< two-thirds = 2/3	>

**SL8.** How many mornings out of 7 in a typical week do you wake up before your alarm clock goes off?

(IWER: IF R SAYS, "I DON'T HAVE AN ALARM CLOCK" PROBE: "How many mornings (out of 7 in a typical week) do you wake up before you want to?")

(IWER: IF R GIVES A RANGE OR SAYS "IT DEPENDS", PROBE: "In general")

(IWER: IF A RANGE IS STILL GIVEN AFTER PROBE, ENTER THE LOWER NUMBER)

\_ NUMBER OF NIGHTS IN A TYPICAL WEEK  
 0. NONE/NEVER/LESS THAN 1 ----> QSL11  
 7. EVERY NIGHT/ALL OF THEM  
 DK -----> QSL11

**SL10.** How much earlier than you want do you wake up on those days?

(IF NEEDED: "On the days you wake up too early, how much earlier do you wake up?")

(IWER: IF R GIVES A RANGE OR SAYS "IT DEPENDS", PROBE: "In general")

(IWER: IF A RANGE IS STILL GIVEN AFTER PROBE, ENTER THE LOWER NUMBER)

#_____	< one-quarter, one-fourth = 1/4	>
DK	< one-half = 1/2	>
HR- HOURS	< three-quarters, three-fourths = 3/4	>
MI- MINUTES	< one-third = 1/3	>
	< two-thirds = 2/3	>

**SL11.** How many mornings out of 7 in a typical week do you wake up still feeling tired or unrested?

(IWER: IF R GIVES A RANGE OR SAYS "IT DEPENDS", PROBE: "In general")

(IWER: IF A RANGE IS STILL GIVEN AFTER PROBE, ENTER THE LOWER NUMBER)

\_ NUMBER OF MORNINGS IN A TYPICAL WEEK  
 0. NONE/NEVER/LESS THAN 1 -----> CK.SL19  
 7. EVERY MORNING/ALL OF THEM  
 DK -----> CK.SL19

**SL13.** How would you rate the severity of your problem waking up feeling tired or unrested? Would you say it's...

(READ LIST)

(IF R SAYS "IT DEPENDS", PROBE: "In general")

1. MILD,
2. MODERATE,
3. SEVERE, OR
4. VERY SEVERE?

DK (DO NOT READ)

-----  
 CK.SL19: Must have at least 1 night of any of the above problems to continue;  
 if not skip out of remaining BIQ questions  
 -----

**SL20.** About how many nights out of 7 in a typical week do you have a problem [(either)/falling asleep(, or)/staying asleep(, or)/waking too early(, or)/feeling tired and unrested in the morning] ?

(IF R SAYS "IT DEPENDS", PROBE: "In general")

- \_ NUMBER OF NIGHTS IN A TYPICAL WEEK
0. NONE/NEVER/LESS THAN 1 ---> QSL22.4
  7. EVERY NIGHT/ALL OF THEM
- DK

**SL21.** For how many weeks, months, or years have you had [a problem/either of these problems/at least one of these problems.] ?

(IF "DK", PROBE: "Has it gone on for at least 4 weeks?" and IF "YES", ENTER "1 MO")

#_____	< one-quarter, one-fourth = 1/4	>
DK	< one-half = 1/2	>
DY- DAYS	< three-quarters, three-fourths = 3/4	>
WK- WEEKS	< one-third = 1/3	>
MO- MONTHS	< two-thirds = 2/3	>
YR- YEARS		

INTRO.QSL28

The next questions are about how your sleep [problem has/problems have] affected your daytime functioning in various ways over the PAST 30 DAYS.

**SL(28-35).** [First,/(How about)]

28. "reduced motivation"
29. "performance at work, school, or social activities"
30. "making errors or having accidents"
31. "irritability, nerves, or mood disturbance"
32. "daytime attention, concentration, or memory problems"
33. "daytime fatigue"
34. "daytime sleepiness"
35. "tension headaches or digestive problems"

?

(HOW MUCH DIFFICULTY have you had with this because of your sleep [problem/problems] over the PAST 30 DAYS?)

(Would you say...)

(READ LIST IF NECESSARY)

(IF R SAYS "IT DEPENDS", PROBE: "In general")

1. NONE,
2. MILD,
3. MODERATE, OR
4. SEVERE DIFFICULTY?

DK (DO NOT READ)

**SL36A.** (How about)

concerns or worries about your sleep?

(HOW MUCH DIFFICULTY do you have with this because of your sleep  
[problem/problems] ?)

(Would you say...)

(READ LIST IF NECESSARY)

(IF R SAYS "IT DEPENDS", PROBE: "In general")

1. NONE,
2. MILD,
3. MODERATE, OR
4. SEVERE?

DK (DO NOT READ)

**SL36B.** How worried or distressed are you about your sleep problems? Would you say...

(READ LIST)

1. NOT AT ALL,
2. A LITTLE,
3. SOMEWHAT,
4. MUCH, OR
5. VERY MUCH?

DK (DO NOT READ)

INTRO.QSL41

The next questions are about how sleep problems interfered with your daily activities during the past 4 weeks.

**SL(41-44).** [Using a 0 to 10 scale, where 0 means NO INTERFERENCE and 10 means VERY SEVERE INTERFERENCE,/(Using the same 0 to 10 scale,)]

41. "what number describes how much your sleep problems interfered with your home management, like cleaning, shopping, and taking care of your home"

42. "how much did problems with your sleep interfere with your ability to work"

43. "how much did problems with your sleep interfere with your social life"

44. "how much did problems with your sleep interfere with your close personal relationships"

?

[(You can use any number between 0 and 10 to answer.)/(Again, you can use any number between 0 and 10 to answer.)]

(IF NEEDED: "0 means NO INTERFERENCE and 10 means VERY SEVERE INTERFERENCE.")

(IF NEEDED: "In general, in the past 4 weeks.")

00	01	02	03	04	05	06	07	08	09	10
NO										VERY SEVERE
INTERFERENCE										INTERFERENCE

DK

**SS2.** About how much time do you typically spend in bed the night before a work day, including time spent watching TV, reading, talking to your partner, trying to sleep, AND SLEEPING?

(IF R SAYS LESS THAN 5 HOURS: "Please include time sleeping.")

(IF R DOES NOT WORK: "Please think about a typical weekday night.")

(IF R SAYS "IT DEPENDS", PROBE: "In general, on average")

#_____	< one-quarter, one-fourth = 1/4	>
DK	< one-half = 1/2	>
HR- HOURS	< three-quarters,three-fourths = 3/4	>
MI- MINUTES	< one-third = 1/3	>
	< two-thirds = 2/3	>

**SS3.** About how much time do you typically spend in bed altogether on a WEEKEND night?

(IF NEEDED: "Including time spent watching TV, reading, talking to your partner, trying to sleep, and sleeping")

(IF NEEDED: "Please think about a typical Saturday night.")

(IF R SAYS "IT DEPENDS", PROBE: "In general, on average")

#_____	< one-quarter, one-fourth = 1/4	>
DK	< one-half = 1/2	>
HR- HOURS	< three-quarters,three-fourths = 3/4	>
MI- MINUTES	< one-third = 1/3	>
	< two-thirds = 2/3	>

INTRO.QSS4

Let's focus on the [QSS2 hours] you spend in bed on a WEEK-night.

**SS(4-6).** [About how much of that time do you typically spend.../And about how many of the [QSS2 hours] do you typically spend...]

4. "either watching TV, reading, or talking to your partner"
5. "lying in bed trying to get to sleep but not sleeping"
6. "ACTUALLY sleeping"

(IF R DOES NOT WORK: "Please think about a typical weekday night.")

(IWER: IF R SAYS "NEVER" ENTER '0 HR')

(IF R SAYS "IT DEPENDS", PROBE: "On average, on a typical WORK-DAY")

#_____	< one-quarter, one-fourth = 1/4	>
DK	< one-half = 1/2	>
HR- HOURS	< three-quarters,three-fourths = 3/4	>
MI- MINUTES	< one-third = 1/3	>
	< two-thirds = 2/3	>



## INTRO.QSS15

The next question is about how much your sleep problems are caused by the place you sleep being too light, too noisy, too hot or cold, or uncomfortable.

**SS15A.** How much do you think your sleep problems are caused by problems with the place you sleep? Would you say...

(READ LIST)

(IF R SAYS "IT DEPENDS", PROBE: "On average")

1. NOT AT ALL,
2. A LITTLE,
3. SOME,
4. A LOT, OR
5. TOTALLY?

DK (DO NOT READ)

**SS16.** Some people have sleep problems because they either have to get up very early, stay up late, or get up in the night because of their job or because of having a baby or a sick person who needs their help.

How much do you think your sleep problems are caused by these kinds of demands on your time? Would you say...

(READ LIST)

(IF R SAYS "IT DEPENDS", PROBE: "On average")

1. NOT AT ALL,
2. A LITTLE,
3. SOME,
4. A LOT, OR
5. TOTALLY?

DK (DO NOT READ)