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## NHATS Round 3

Section SL [SLEEP]

Sequence: 39

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SL1PRE

SL1PRE

NOT ON FILE

**QUESTION TEXT:**

The next set of questions is about {your/SP's} sleep patterns.

PRESS 1 AND ENTER TO CONTINUE

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**SL1A**

s13bedtime1

R3 SL1A USUAL BED TIME HOUR

**DISPLAY INSTRUCTIONS:**

Display SL1a-c on the same screen.  
Display "HOUR" in underlined text.

**QUESTION TEXT:**

In the last month, what time did {you/SP} usually go to bed at night?

ENTER HOUR 1-12

IF NO USUAL TIME OR DIFFERENT FROM NIGHT TO NIGHT, ENTER 95

**ENTER NUMBER:**

Range	1-12, 95
REFUSED	SL2A
DON'T KNOW	SL2A

**PROGRAMMER INSTRUCTIONS:**

Hard Range 1-12, 95  
If SL1A = 95, go to SL2A

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**SL1B**

s13bedtime2

R3 SL1B USUAL BED TIME MINUTE

**DISPLAY INSTRUCTIONS:**

Display SL1a-c on the same screen.  
Display "MINUTES" in underlined text.

**QUESTION TEXT:**

[In the last month, what time did {you/SP} usually go to bed at night?]

ENTER MINUTES 0-59

**ENTER NUMBER:**

Range	00-59
REFUSED	
DON'T KNOW	

**PROGRAMMER INSTRUCTIONS:**

Hard range 00-59

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**SL1C**

s13bedtime3

R3 SL1C USUAL BED TIME AM PM

**DISPLAY INSTRUCTIONS:**

Display SL1a-c on the same screen.

**QUESTION TEXT:**

[In the last month, what time did {you/SP} usually go to bed at night?]

IF NEEDED: Is that AM or PM?

**CODES:**

- 1 AM
- 2 PM
- REFUSED
- DON'T KNOW

**SL2A**

s13asleep1

R3 SL2A HOW LONG FALL ASLEEP HR

**DISPLAY INSTRUCTIONS:**

Display SL2a-b on the same screen.  
Display "HOURS" in underlined text.

**QUESTION TEXT:**

In the last month, how long did it usually take {you/SP} to fall asleep each night?

ENTER NUMBER OF HOURS  
IF LESS THAN AN HOUR, ENTER 0

IF FELL ASLEEP RIGHT AWAY, ENTER 90

IF NO USUAL AMOUNT OF TIME TO FALL ASLEEP OR DIFFERENT FROM NIGHT TO NIGHT, ENTER 95

**ENTER NUMBER:**

Range	0-24
REFUSED	SL3A
DON'T KNOW	SL3A

**PROGRAMMER INSTRUCTIONS:**

Hard Range 0-24, 90, 95  
Soft Range 0-5  
If SL2A = 90 or 95, go to SL3A

**SL2B**

s13asleep2

R3 SL2B HOW LONG FALL ASLEEP MIN

**DISPLAY INSTRUCTIONS:**

Display SL2a-b on the same screen.  
Display "MINUTES" in underlined text.

**QUESTION TEXT:**

[In the last month, how long did it usually take {you/SP} to fall asleep each night?]

ENTER NUMBER OF MINUTES

**ENTER NUMBER:**

Range	00-59
REFUSED	
DON'T KNOW	

**PROGRAMMER INSTRUCTIONS:**

Hard Range 00-59

**SL3A**

s13morning1

R3 SL3A WAKE UP TIME HOUR

**DISPLAY INSTRUCTIONS:**

Display SL3a-c on the same screen.  
Display "HOUR" in underlined text.

**QUESTION TEXT:**

In the last month, what time did {you/SP} usually get up in the morning?

ENTER HOUR 1-12

IF NO USUAL TIME OR DIFFERENT FROM DAY TO DAY, ENTER 95

**ENTER NUMBER:**

Range	1-12, 95
REFUSED	SL4
DON'T KNOW	SL4

**PROGRAMMER INSTRUCTIONS:**

Hard Range 1-12, 95

**SL3B**

s13morning2

R3 SL3B WAKE UP TIME MIN

**DISPLAY INSTRUCTIONS:**

Display SL3a-c on the same screen.  
Display "MINUTES" in underlined text.

**QUESTION TEXT:**

[In the last month, what time did {you/SP} usually get up in the morning?]

ENTER MINUTES 00-59

**ENTER NUMBER:**

Range	00-59
REFUSED	
DON'T KNOW	

**PROGRAMMER INSTRUCTIONS:**

Hard range 00-59

**SL3C**

s13morning3

R3 SL3B WAKE UP TIME AM PM

**DISPLAY INSTRUCTIONS:**

Display SL3a-c on the same screen.

**QUESTION TEXT:**

[In the last month, what time did {you/SP} usually get up in the morning?]

IF NEEDED: Is that AM or PM?

**CODES:**

1	AM
2	PM
	REFUSED
	DON'T KNOW

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**SL4**

s3sleephour

R3 SL4 HOURS OF SLEEP

**DISPLAY INSTRUCTIONS:**

Display "HOURS" in underlined text.

**QUESTION TEXT:**

In the last month, how many hours of actual sleep did {you/SP} usually get at night? This may be different than the number of hours {you/SP} spent in bed.

ENTER NUMBER OF HOURS  
IF LESS THAN AN HOUR, ENTER 0

IF NO USUAL NUMBER OF HOURS OR DIFFERENT FROM NIGHT TO NIGHT, ENTER 95

**ENTER NUMBER:**

Range 0-24, 95  
REFUSED  
DON'T KNOW

**PROGRAMMER INSTRUCTIONS:**

Hard Range 0-24, 95  
Soft Range 4-14

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**SL5**

s3sleepbre

R3 SL5 DIF STAYING ASLEEP BREATH

**QUESTION TEXT:**

SHOW CARD SL1

In the last month, how often did {you/SP} have trouble staying asleep because {you/he/she} snored loudly, or {you/he/she} woke up gasping or choking? Would you say every night, most nights, some nights, rarely, or never?

**CODES:**

- 1 EVERY NIGHT (7 NIGHTS A WEEK)
  - 2 MOST NIGHTS (5-6 NIGHTS A WEEK)
  - 3 SOME NIGHTS (2-4 NIGHTS A WEEK)
  - 4 RARELY (ONCE A WEEK OR LESS)
  - 5 NEVER
- REFUSED  
DON'T KNOW

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**SL6**

s3sleeppain

R3 SL6 DIF STAYING ASLEEP PAIN

**QUESTION TEXT:**

SHOW CARD SL1

In the last month, how often did {you/SP} have trouble sleeping at night because {you/he/she} had pain? Would you say every night, most nights, some nights, rarely, or never?

**CODES:**

- 1 EVERY NIGHT (7 NIGHTS A WEEK)
- 2 MOST NIGHTS (5-6 NIGHTS A WEEK)

- 3 SOME NIGHTS (2-4 NIGHTS A WEEK)
- 4 RARELY (ONCE A WEEK OR LESS)
- 5 NEVER
- REFUSED
- DON'T KNOW

**SL7**

sl3sleepqual

R3 SL7 QUALITY OF SLEEP

SHOW CARD SL2

**QUESTION TEXT:**

How would you rate the overall quality of {your/SP's} sleep in the last month? Would you say it was very good, good, fair, poor, or very poor?

**CODES:**

- 1 VERY GOOD
- 2 GOOD
- 3 FAIR
- 4 POOR
- 5 VERY POOR
- REFUSED
- DON'T KNOW

**SL8**

sl3wakedif

R3 SL8 DIF STAYING AWAKE DAY

**QUESTION TEXT:**

SHOW CARD SL3

In the last month, how often did {you/SP} have trouble staying awake at times during the day when {you/he/she} wanted to be awake? Would you say every day, most days, some days, rarely, or never?

**CODES:**

- 1 EVERY DAY (7 DAYS A WEEK)
- 2 MOST DAYS (5-6 DAYS A WEEK)
- 3 SOME DAYS (2-4 DAYS A WEEK)
- 4 RARELY (ONCE A WEEK OR LESS)
- 5 NEVER
- REFUSED
- DON'T KNOW

**SL9**

sl3napsoft

R3 SL9 HOW OFTEN TAKE NAPS

**QUESTION TEXT:**

SHOW CARD SL3

In the last month, how often did {you/SP} take naps during the day? Would you say every day, most days, some days, rarely, or never?

**CODES:**

- 1 EVERY DAY (7 DAYS A WEEK)
  - 2 MOST DAYS (5-6 DAYS A WEEK)
  - 3 SOME DAYS (2-4 DAYS A WEEK)
  - 4 RARELY (ONCE A WEEK OR LESS)
  - 5 NEVER
  - REFUSED
- SECTION CL  
SECTION CL

**SL10A**

s13naps1

R3 SL10A NAPS LENGTH HR

**DISPLAY INSTRUCTIONS:**

Display "HOURS" in underlined text.

**QUESTION TEXT:**

On average, how long were these naps?

ENTER NUMBER OF HOURS  
IF LESS THAN AN HOUR, ENTER 0

IF NO USUAL LENGTH OF TIME OR DIFFERENT FROM DAY TO DAY, ENTER 95

**ENTER NUMBER:**

Range	0-24, 95
REFUSED	SL11
DON'T KNOW	SL11

**PROGRAMMER INSTRUCTIONS:**

Hard Range 0-24, 95  
Soft Range 0-4  
If SL10A = 95, go to SL11

**SL10B**

s13naps2

R3 SL10B NAPS LENGTH MIN

**DISPLAY INSTRUCTIONS:**

Display "MINUTES" in underlined text.

**QUESTION TEXT:**

[On average, how long were these naps?]

ENTER NUMBER OF MINUTES

**ENTER NUMBER:**

Range	0-59
REFUSED	
DON'T KNOW	

**PROGRAMMER INSTRUCTIONS:**

Hard Range 0-59

**SL11**

s13naplan

R3 S

**QUESTION TEXT:**

In general, were these naps planned, or did {you/SP} fall asleep without meaning to?

**CODES:**

- 1 NAPS PLANNED
  - 2 FELL ASLEEP WITHOUT MEANING TO
  - 3 BOTH (SOME PLANNED/SOME NOT)
- REFUSED  
DON'T KNOW

**Programmer Instructions:**

Go to Section CL-Closing