NHATS Round 4

SLIPRE SLIPRE NOT ON FILE QUESTION TEXT: The next set of questions is about {your/SP's} sleep patterns. PRESS 1 AND ENTER TO CONTINUE SLIA sl4bedtimet R4 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 SL4 SLB sl4bedtime2 R4 SL1B USUAL BED TIME MINUTE DISPLAY INSTRUCTIONS: Hard Range 1-12, 95 If SL1A = 95, go to SL2A SLB sl4bedtime2 R4 SL1B USUAL BED TIME MINUTE DISPLAY INSTRUCTIONS: Display "MINUTES o-59 ENTER NUMBER: Range 00-59 REFUSED 00-59 DON'T KNOW PROGRAMMER INSTRUCTIONS: Hard range 0-59	Sequence: 39		L [SLEEP]	Section S
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Range 00-59 REFUSED DON'T KNOW PROGRAMMER INSTRUCTIONS: Hard range 00-59			ITES 0-59	ENTER MINU
REFUSED DON'T KNOW PROGRAMMER INSTRUCTIONS: Hard range 00-59				ENTER NUMBER:
Hard range 00-59		00-59	REFUSED	F
SL1C sl4bedtime3 R4 SL1C USUAL BED TIME AM PM		R4 SL1C USUAL BED TIME AM PM	sl 4 bedtime3	SL1C

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

sl**4**asleep1

R4 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 o

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 REFUSED DON'T KNOW

PROGRAMMER INSTRUCTIONS:

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

SL₂B

sl**4**asleep2

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 REFUSED DON'T KNOW 00-59

0-24

SL3A

SL3A

PROGRAMMER INSTRUCTIONS:

Hard Range 00-59

SL₃A

sl4morning1

R4 SL2B HOW LONG FALL ASLEEP MIN

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

Q

QUESTION TEXT:			
In the last month, w	nat time did {you/SP} usually get	up in the morning?	
ENTER HOUR 1-12			
IF NO USUAL TIME C	R DIFFERENT FROM DAY TO DA	Y, ENTER 95	
ENTER NUMBER:			
Range		1-12, 95	
REFUSEI		SL4	
DON'T K	NOW	SL4	
PROGRAMMER INSTRUCTIO			
Hard Range 1-12, 9			
SL3B	sl 4 morning2	R4 SL3B WAKE UP TIME MIN	
DISPLAY INSTRUCTIONS: Display SL3a-c on the Display "MINUTES" i			
QUESTION TEXT: [In the last month, w	hat time did {you/SP} usually ge	t up in the morning?]	
ENTER MINUTES 00-	59		
ENTER NUMBER:			
Range		00-59	
REFUSEI)		
DON'T K	NOW		
PROGRAMMER INSTRUCTIO Hard range 00-59	DNS:		
SL3C	sl 4 morning3	R4 SL3B WAKE UP TIME AM PM	
DISPLAY INSTRUCTIONS: Display SL3a-c on the	e same screen.		
QUESTION TEXT:			
[In the last month, w	hat time did {you/SP} usually ge	t up in the morning?]	
IF NEEDED: Is that A	M or PM?		
CODES:			
1 AM			

1	AM
2	PM
	REFUSED
	DON'T KNOW

SL4

sl4sleephour

R4 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 o

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

ENTER NUMBER:

Range REFUSED DON'T KNOW 0-24,95

PROGRAMMER INSTRUCTIONS:

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

SL₅

sl4sleepbre

R4 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:

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

SL6

sl4sleeppain

R4 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:

- EVERY NIGHT (7 NIGHTS A WEEK) 1
- 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

R4 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

sl4wakedif

sl4sleepqual

R4 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
	DEFLICED

REFUSED DON'T KNOW

SL9

sl4napsoft

R4 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

	DON'T KNOW	SECTION CL	
SL10A	sl4naps1	R4 SL10A NAPS LENGTH HR	
DISPLAY INSTRU Display "I	JCTIONS: HOURS" in underlined text.		
QUESTION TEXT			
On avera	ge, how long were these naps?		
	UMBER OF HOURS HAN AN HOUR, ENTER o		
IF NO US	UAL LENGTH OF TIME OR DIFFERENT FROM	DAY TO DAY, ENTER 95	
ENTER NUMBER	k:		
	Range	0-24, 95	
	REFUSED	SL11	
	DON'T KNOW	SL11	
Soft Ra	INSTRUCTIONS: lange 0-24, 95 ange 0-4 A = 95, go to SL11		
SL10B	sl 4 naps2	R4 SL10B NAPS LENGTH MIN	
	: age, how long were these naps?] UMBER OF MINUTES		
ENTER NUMBER	Range	0-59	
	REFUSED DON'T KNOW	0-59	
PROGRAMMER Hard R	INSTRUCTIONS: ange 0-59		
SL11	sl 4 napplan	R4 SL11 WERE NAPS PLANNED	
OUESTION TEXT	·		
	: al, were these naps planned, or did {you/SP}	fall asleep without meaning to?	
In genera		fall asleep without meaning to?	
In genera		fall asleep without meaning to?	
CODES:	al, were these naps planned, or did {you/SP} NAPS PLANNED FELL ASLEEP WITHOUT MEANING TO	fall asleep without meaning to?	
In genera CODES: 1	al, were these naps planned, or did {you/SP} NAPS PLANNED	fall asleep without meaning to?	