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## NHATS Round 4

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

s14bedtime1

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

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SL1B

s14bedtime2

R4 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

s14bedtime3

R4 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**

sl4asleep1

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 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**

sl4asleep2

R4 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**

sl4morning1

R4 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**

sl4morning2

R4 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**

sl4morning3

R4 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****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 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****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:**

- 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****sl4sleppain**

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:**

- 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**

sl4sleepqual

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

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
- 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  
SECTION CL

**SL10A**

sl4naps1

R4 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**

sl4naps2

R4 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**

sl4naplan

R4 SL11 WERE NAPS PLANNED

**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