

## Sleep and Nap Habits

**36.** On most nights, how many hours do you sleep each night? (Please answer to the nearest half hour. For example 7 hours and 30 minutes = 7.5 hours.)

**V4SLPHRS**

\_\_\_\_\_ . \_\_\_\_\_ hours

**V4RESTED**

**37.** How many hours of sleep do you **need** each night to feel rested? (Please answer to the nearest half hour.)

**V4SLPHND**

\_\_\_\_\_ . \_\_\_\_\_ hours

**38.** Do you take naps regularly?

**V4NAP**

Yes

No

Don't know

PLEASE GO TO QUESTION 39

**If yes:**

a. How many days per week do you usually nap?

**V4NAPDY**  
\_\_\_\_\_ days

b. On average, how many hours do you nap each time?

**V4NAPHR**

Less than 1 hour

At least 1 hour but no more than 2 hours

More than 2 hours

**V4NAPDLY**

**V4NAPHWK**