



Sleep Habits

Office Use Only SOF ID#	<input type="radio"/> MISSING Acrostic
<input type="text"/>	<input type="text"/>

1 On most nights, how many hours do you sleep each night?

<input type="text"/>	<input type="text"/>	hours
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2 How many hours of sleep do you need each night to feel rested? (Please answer to the nearest hour.)

<input type="text"/>	<input type="text"/>	hours
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3 Do you take naps regularly?

Yes No Don't know



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

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

Less than 1 hour At least 1 hour but no more than 2 hours More than 2 hours

4 Do you ever drink alcohol to help you sleep? Yes No Don't know

Questions 5 - 13 relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month.

5 During the past month, what time have you usually gone to bed at night?

<input type="text"/>	:	<input type="text"/>	<input type="radio"/> A.M.
			<input type="radio"/> P.M.

6 During the past month, how long (in minutes) has it usually taken you to fall asleep each night?

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	minutes
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V9PSLPM *V9PSLPM4*

7 During the past month, when have you usually gotten up in the morning?

<input type="text"/>	:	<input type="text"/>	<input type="radio"/> A.M.
			<input type="radio"/> P.M.

8 During the past month, how many hours of actual sleep did you get each night? (This may be different than the number of hours you spent in bed.)

<input type="text"/>	<input type="text"/>	hours
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V9PACTSL

V9PINBED *V9PEFFCY* *V9PEFFIC*

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Sleep Habits

V9PSQI

V9BADSLP

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For questions 9 - 13, mark the one best response. Please answer all questions.

9 During the past month, how often have you had trouble sleeping because you...

V9DISTUR

V9DAYDYS

Not During the Past Month	Less than Once a Week	Once or Twice a Week	Three or More Times a Week
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a. Cannot get to sleep within 30 minutes	V9P30M	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Wake up in the middle of the night or early morning	V9PWAKE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Have to get up to use the bathroom	V9PBATH	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Cannot breathe comfortably	V9PBREA	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Cough or snore loudly	V9PSNOR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Feel too cold	V9PCOLD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Feel too hot	V9PHOT	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Have bad dreams	V9PBAD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Have pain	V9PPAIN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Leg jerks or leg cramps	V9PLJERK	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Heartburn	V9PHBURN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Other reasons Describe: _____	V9POTH	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10 During the past month, how often have you taken medicine (prescribed or "over the counter") to help you sleep?

Not During the Past Month	Less than Once a Week	Once or Twice a Week	Three or More Times a Week
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V9PSLMED

11 During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

V9PTRBSA

12 During the past month, how would you rate your sleep quality overall?

Very good Fairly good Fairly bad Very bad V9PSQUAL

13 During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?

V9PENTH

No problem at all Only a slight problem Somewhat of a problem A very big problem

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V9PLATEN