



Visit 17 – Sleep & Physical Activity Diary Dataset

CODEBOOK

ARCHIVED DATASET 2026

Dataset file niaspad2026

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DOCUMENTATION FOR THE SWAN VISIT 17 SLEEP & PHYSICAL ACTIVITY DIARY DATASET

This dataset contains all publicly available SWAN Visit 17 sleep and physical activity diary data. This includes the diary cover page, the diary data, and the summary data.

Who is included in the public use dataset:

This dataset includes data from 6062 sleep records from 762 participants who completed the Visit 17 Sleep & Physical Activity Diary from the seven participating SWAN clinical sites. The sites include 11, 12, 13, 14, 15, 16 and 17.

How this codebook is constructed:

This documentation section contains in depth explanation of the public use SWAN Visit 17 Sleep & Physical Activity Diary dataset. A list describing the variables used to create this dataset is also provided, along with the questionnaires on which the variables are based.

The assigned participant ID has been replaced with a randomly generated ARCHID in order to protect participant privacy. The baseline interview date is denoted as day 0 and is used as the basis for all other dates. Variables describing the race/ethnicity of participants (RACE) was added from the Screener dataset.

Missing data coding:

Original missing codes (-1: not applicable, -7: refused, -8: don't know, -9: missing) have been recoded to SAS missing codes (.B: not applicable, .D: refused, .C: don't know, and .A: missing).

Sleep & Physical Activity Diary (SPAD) Cover Page:

The cover page data ascertains when the ActiWatch and Activity Monitor was worn, and when the data was reviewed with the participant. The cover page was interviewer-administered and was completed by SWAN staff when monitors & diary were returned by participants.

Sleep & Physical Activity Diary (SPAD2):

This form is self-administered and was completed by participants daily when they wore an Actiwatch sleep monitor. Participants were asked to fill out the bedtime/night page (Section B) of the diary just before going to sleep at night, and fill out the morning/day page (Section C) within one hour of getting out of bed in the morning. Some key variables, which may be needed for analyses, have been created:

- Imputed Time Got in Bed (AM&PM) Flag (INBEDFLG17): This is a flag variable to indicate whether INBEDA17 was imputed or not.
- Imputed Time Tried to Go to Sleep (AM&PM) Flag (SLEPFLG17): This is a flag variable to indicate whether SLEPA17 was imputed or not.
- Imputed Time Woke Up (AM&PM) Flag (WOKEFLG17): This is a flag variable to indicate whether WOKEA17 was imputed or not.
- Imputed Time Got Out of Bed (AM&PM) Flag (OUTBEDFLG17): This is a flag variable to indicate whether OUTBEDA17 was imputed or not.
- Time Sleep Before Time Bed (FLGSLPTM17): This is a flag variable to indicate whether the reported time tried to go to sleep is before the time got in bed (1=Sleep Time Before Inbed Time, 0=Sleep Time After or Equal Inbed Time).
- Time Outbed Before Time Woke (FLGOBTM17): This is a flag variable to indicate whether the reported time got out of bed is before the time woke up (1=Outbed Time Before Woke Time, 0=Outbed Time After or Equal Woke Time).
- Sleep Midpoint (SLPMIDPT17): Sleep midpoint is a measure of sleep timing. To calculate sleep midpoint, sleep onset and wake-up times were first converted to decimals and centered around midnight (negative values indicate times before midnight). Sleep midpoint was then calculated as: Sleep Start Time + ((Sleep End Time-Sleep Start Time)/2).
- Weeknight/Weekend Night (WEEKNITE17): Indicates whether each individual night is a 'weekday' or 'weekend' night. 'Weeknights' including Sunday, Monday, Tuesday, Wednesday, and Thursday, and 'weekend' nights including Friday and Saturday. A value of 1 indicates the night is a Weeknight, and a value of 0 indicates the night is a weekend night. *Note: Nights are not solely categorized based on bedtime. For example, a person reporting going to bed at 10:00 PM on a Thursday and a person reporting going to bed at 1:00 AM on Friday would both be*

categorized as sleep on a weeknight. In both cases, the sleep would be considered a Thursday (weeknight) night bout of sleep.

- **Day of the Week (DAYOWEEK17)**: Indicates what day of the week the night is. Values including: 1 (Sunday), 2 (Monday), 3 (Tuesday), 4 (Wednesday), 5 (Thursday), 6 (Friday), and 7 (Saturday).
- **Duration of Sleep (DURATIO17)**: The total sleep period (between Sleep Start Time and Sleep End Time).
- **Duration of Naps (DURNAP17)**: The total duration of all naps today, calculated by summing the duration of all individual naps (time between each nap's start and end time).

Additional information:

- A total of 633 records with null AM or PM data fields (**INBEDA17**, **SLEPA17**, **WOKEA17**, and **OUTBEDA17**) have been imputed and updated, and 4 additional variables indicating whether the record was imputed (**INBEDFLG17**, **SLEPFLG17**, **WOKEFLG17**, and **OUTBEDFLG17**) were added in the dataset. Without the AM or PM value, it is not possible to calculate Total Sleep Time. When working with daily/nightly diary information it is very common for participants to miss circling AM or PM. Accepted practice in sleep research is to impute the value based on the non-missing values during those 7 days (i.e.: if a person is waking at 7:15 AM for 5 mornings, it is likely that 7:15 on the 6th morning is also AM) of the diary or use actigraphy times. The diary records selection criteria are as follows:
 - If **INBEDH17** and **INBEDM17** are not null and **INBEDA17** is null. **INBEDA17** was updated to either 1=AM or 2=PM based on the available Diary **INBEDA** times with AM or PM circled, or check against actigraphy times and use 1=AM or 2=PM from these sources. A total of **92** records were changed.
 - If **SLEPH17** and **SLEPM17** are not null and **SLEPA17** is null. **SLEPA17** was updated to either 1=AM or 2=PM based on the available Diary **SLEPA17** times with AM or PM circled, or check against actigraphy times and use 1=AM or 2=PM from these sources. A total of **201** records were changed.
 - If **WOKEH17** and **WOKEM17** are not null and **WOKEA17** is null. **WOKEA17** was updated to either 1=AM or 2=PM based on the available Diary **WOKEA17** with AM or OM circled, or check against actigraphy times and use 1=AM or 2=PM from these sources. A total of **151** records were changed.
 - If **OUTBEDH17** and **OUTBEDM17** are not null and **OUTBEDA17** is null. **OUTBEDA17** was updated to either 1=AM or 2=PM based on the available Diary **OUTBEDA17** with AM or OM circled, or check against actigraphy times and use 1=AM or 2=PM from these sources. A total of **189** records were changed.

Sleep & Physical Activity Diary Summary:

Summary variables were created from individual items completed on the Visit 17 Sleep & Physical Activity Diary. The mean and standard deviation variables were created using non-missing data for each participant across the whole observational period. If all the related information was unavailable, the created variable would be set to missing.

Explanation of Questionnaire Variables and Summaries

1. The Visit 17 SWAN Sleep & Physical Activity datasets are provided as daily basis data reported by the participants up to 14 days/nights. The total number of days the participant had an event was calculated by counts that participant provided as a positive answer to the specific question across the observational period. Variables created in this category include: **DAYCONT17**, **HOTTDY_T17**, **BEDSWT_T17**, **SLPINT_T17**, **INTFML_T17**, **INTNOS_T17**, **INTPAN_T17**, **INTWRY_T17**, **INTCLD_T17**, **INTBTH_T17**, **INTOTH_T17**, **SLPMED_T17**, and **SLPUSL_T17**.
2. Time variables **INBEDT**, **WAKET**, and **OUTBEDT** (not included in the frozen dataset) were created by taking variables indicating hours (**INBEDH17**, **WOKEH17**, and **OUTBEDH17**), minutes (**INBEDM17**, **WOKEM17**, and **OUTBEDM17**), AM or PM (**INBEDA17**, **WOKEA17**, and **OUTBEDA17**) and transforming them into military time format. The mean and SD of those variables (**INBEDT_M17**, **INBEDT_SD17**, **WKT_M17**, **WKT_M17_SD17**, **OTBEDT_M17**, and **OTBEDT_SD17**) were calculated and included in the frozen datasets.
3. Total number of medications taken to help sleep (**MEDNUM_T17**) was created using variables **SLEPMED17** and **SLEPMEDS17**. The original medication data from the Visit 17 spaddiary172505 dataset was cleaned and categorized based on the specified medication names and brands provided by the participants.
4. When no medication was reported (**MEDSNUM_T17 = 0**), it could be due to either no meds taken (**SLEPMED17 = 1**) or missing (**SLEPMED17 = .A**). Variable **ANYSLEPMED17** was created to illustrate the situation if the participant took any medication to help sleep (**ANYSLEPMED17 = 2**) or not (**ANYSLEPMED17 = 1**) during the observational period. If all the sleep medication data were missing, **ANYSLEPMED17** for this participant would be assigned as "Missing (.A)".

Created Variables:

- Took Any Sleep Meds (ANYSLEPMED17): Indicates whether the participant took any medication to help sleep during the entire observation period (1=No, 2=Yes). This variable was created by **SLPMED_T17** (Total # of Days Took Meds to Help Sleep) and **MEDNUM_T17** (# of Meds Took to Help Sleep).
- Total # of Valid Days of Diary Data (DAYCONT17): Indicates the total number of valid days of Visit 17 Sleep & Physical Activity Diary completed by each participant across the entire observation. This variable was created by number of days (**DAYNUM17**, all equal to **NIGTNUM17** in this visit).
- Total # of Non-Missing Nights Used for Calculating Average Values (NUMNIGHT17): This variable indicates the number of nights with non-missing sleep start and end times that were used for creating average values.
- Total # of Naps Taken (NAPS_M17, NAPS_SD17): Indicates the mean and standard deviation of mean number of naps taken across the entire observation, and were created by **NAPSNUM17** (Number of Naps Taken Today).
- Total # of Nights Sleep as Usual (SLPUSL_T17): Indicates the number of nights that participants had the similar sleep level as usual across the entire observation, and was created by **SLPUSUL17** (Sleep as Usual Last Night).
- Total Sleep Time (DURATIO_M17, DURATIO_SD17): Indicates the mean and the standard deviation of the total sleep period each night across all observations with non-missing Sleep Start Time and Sleep End Time.
- Total Nap Time (DURNAP_M17, DURNAP_SD17): Indicates the mean and the standard deviation of the total nap time each day across all observations with non-missing nap start and end times.
- Time Got in Bed (INBEDT_M17, INBEDT_SD17): Indicates the mean and the standard deviation of the mean diary reported time got in bed each night across all non-missing observations.
- Time Tried Go to Sleep (SLEPTM_M17, SLEPTM_SD17): Indicates the mean and the standard deviation of the mean diary reported time tried to go to sleep each night across all observations with non-missing sleep start and end times.
- Minutes Took to Fall Asleep (SLPMIN_M17, SLPMIN_SD17): Indicates the mean and standard deviation of the mean diary reported minutes took to fall asleep each night across the entire observation. These variables were calculated using **SLEPMIN17** (Number of Minutes Took to Fall Asleep Last Night).
- Times Remember Waking Up During Night (WKNUM_M17, WKNUM_SD17): Indicates the mean and standard deviation of the mean diary reported number of times remembered woke up each night across the entire observation. These variables were created by **WAKENUM17** (Number of Times Remember Waking up Last Night).
- Minutes Awake During Night (WKMIN_M17, WKMIN_SD17): Indicates the mean and standard deviation of the mean diary reported minutes awake each night across the entire observation. These variables were created using **WAKEMIN17** (Number of Minutes Awake during Last Night).
- Time Woke Up (WKTM_M17, WKTM_SD17): Indicates the mean and the standard deviation of the mean diary reported time woke up each day across the entire observation.
- Time Got Out of Bed (OTBEDT_M17, OTBEDT_SD17): Indicates the mean and the standard deviation of the mean diary reported time got out of bed each day across the entire observation.
- Total # of Days Had Night Sweats/Hot Flashes After Bed (BEDSWT_T17): Indicates the number of days that the participant had night sweats/hot flashes after bed across the entire observation, and was created by **BEDSWET17** (Night Sweats/Hot Flashes after Bed Last Night).
- Total # of Days Had Hot Flashes/Flushes Throughout the Day (HOTTDY_T17): Indicates the number of days that the participant had hot flashes throughout the day across the entire observation, and was created by **HOTTODY17** (Today I experienced hot flashes/flushes).
- Total # of Days Reported Sleep Interrupted (SLPINT_T17): Indicates the number of days that the participant's sleep was interrupted for any reason across the entire observation, and was created by **SLEPINT17** (Sleep Interrupted Last Night).
- Total # of Days Sleep Interrupted (Family Member/Pet) (INTFMPT_T17): Indicates the number of days that the participant's sleep was interrupted by a family member or pet across the entire observation, and was created by **INTFMPET** (Sleep Was Interrupted by A Family Member or Pet).
- Total # of Days Sleep Interrupted (Noise) (INTNOS_T17): Indicates the number of days that the participant's sleep was interrupted because of noise across the entire observation, and was created by **INTNOIS17** (Sleep Was Interrupted Because of Noise).
- Total # of Days Sleep Interrupted (Pain) (INTPAN_T17): Indicates the number of days that the participant's sleep was interrupted because of pain across the entire observation, and was created by **INTPAIN17** (Sleep Was Interrupted Because of Pain).
- Total # of Days Sleep Interrupted (Worry) (INTWRY_T17): Indicates the number of days that the participant's sleep was interrupted because of worry across the entire observation, and was created by **INTWORY17** (Sleep Was Interrupted Because of Worry).

- Total # of Days Sleep Interrupted (Cold/Hot) (INTCLD_T17): Indicates the number of days that the participant's sleep was interrupted because of cold or hot across the entire observation, and was created by **INTCOLD17** (Sleep Was Interrupted Because of Cold or Hot).
- Total # of Days Sleep Interrupted (Bathroom) (INTBTH_T17): Indicates the number of days that the participant's sleep was interrupted because she woke to use the bathroom across the entire observation, and was created by **INTBATH17** (Sleep Was Interrupted Because Woke to Use the Bathroom).
- Total # of Days Sleep Interrupted (Other) (INTOTH_T17): Indicates the number of days that the participant's sleep was interrupted because of other reason across the entire observation, and was created by **INTOTH17** (Sleep Was Interrupted Because of Other Reason).
- Total # of Days Taken Meds to Help Sleep (SLPMED_T17): Indicates the number of days that the participant took any sleep meds to help sleep across the entire observation, and was created by **SLEPMED17** (Took Prescription or over the Counter Medication to Help Sleep Last Night).
- Total # of Meds Taken to Help Sleep (MEDNUM_T17): Indicates the number of medication that the participant took to help sleep across the entire observation, and was created by **SLEPMED17** (Took Med to Help Sleep Last Night: 1=No, 2=Yes) and **SLEPMEDS17** (Took Med to Help Sleep Last Night: Specify).
- Sleep Quality Rating (SLPQU_M17, SLPQU_SD17): Indicates the mean and standard deviation of the mean diary reported quality of sleep each night across the entire observation. These variables were created using **SLEPQUAL17** (Sleep Quality Last Night: 1=very poor, 2=poor, 3=fair, 4=good, 5=very good).
- Mean and Standard Deviation of Sleep Midpoint (SLPMIDPT_M17, SLPIDPT_SD17): Time of sleep midpoint for each night (SLPMIDPT17) between sleep time (SLEPH17, SLEPM17, SLEPA17) and wake up time (WOKEH17, WOKEM17, WOKEA17). The mean and standard deviation of SLPIDPT17 were then calculated and included in the final dataset in numeric format and centered around midnight.
- Total # of Weeknights (NUMWEEKDAY17): The # of valid nights (with non-missing sleep start and end times) used for calculating average values that were 'weeknights' (Sun, Mon, Tues, Wed, Thurs). *Note: Nights are not solely categorized based on bedtime. For example, a person reporting going to bed at 10:00 PM on a Thursday and a person reporting going to bed at 1:00 AM on Friday would both be categorized as sleep on a weeknight. In both cases, the sleep would be considered a Thursday (weeknight) night bout of sleep.*
- Total # of Weekend (NUMWEEKEND17): The # of valid nights (with non-missing sleep start and end times) used for calculating average values that were 'weekend' nights (Fri, Sat).

Variables included in the dataset:

Variable	Label	Codes
ARCHID	Participant ID	
VISIT	SWAN Study Visit Number	"17" = Visit 17
RACE	Race/Ethnicity	1 = Black 2 = Chinese/Chinese American 3 = Japanese/Japanese American 4 = White Non-Hispanic 5 = Hispanic
Diary Cover Page Variables		
DREVIEWDAY17	Day Reviewed with Participant	Days since baseline interview
DSTARTWAT17	Day Pt Started Wearing ActiWatch	Days since baseline interview
DSTOPWAT17	Day Pt Stopped Wearing ActiWatch Date	Days since baseline interview
DSTARTMON17	Day Pt Started Wearing Activity Monitor	Days since baseline interview
DSTOPMON17	Day Pt Stopped Wearing Activity Monitor	Days since baseline interview
Diary Pages Variables		
DNIGHTDAY17	Day of Today's Date (Night)	Days since baseline interview
NIGTNUM17	# of Night Diary	[Numeric]
WEEKNITE17	Week/Weekend Night	0 = Weekend night 1 = Week night
NAPSNUM17	# of Naps Taken	[Numeric]
DURNAP17	Total Nap Duration	[Numeric]
HOTTODY17	Hot Flashes/Flushes Today	1 = No 2 = Yes
HOTODYN17	# of Hot Flashes/Flushes Today	[Numeric]
HOTODYB17	Bothered by Hot Flashes/Flushes Today	1 = Not at all 2 = Very little 3 = Moderately 4 = A lot
DDAYDAY17	Day of Today's Date (Day)	Days since baseline interview
DAYNUM17	# of Day Diary	[Numeric]
DAYOWEEK17	Day of the Week	1 = Sunday 2 = Monday 3 = Tuesday 4 = Wednesday 5 = Thursday 6 = Friday 7 = Saturday
INBEDT17	Time Got in Bed	[Time – 24hr]
INBEDFLG17	Imputed Time Got in Bed (AM&PM) records	0 = Not Flagged 1 = Flagged
SLEEPT17	Time Tried Go to Sleep	[Time – 24hr]
SLEPFLG17	Imputed Time Tried to Go to Sleep (AM&PM) records	0 = Not Flagged 1 = Flagged
SLEPMIN17	# of Minutes Took to Fall Asleep	[Numeric]
WAKENUM17	# of Times Remember Waking up during Night	[Numeric]
WAKEMIN17	# of Minutes Awake during Night	[Numeric]
WOKET17	Time Woke up	[Time – 24hr]
WOKEFLG17	Imputed Time Woke Up (AM&PM) records	0 = Not Flagged 1 = Flagged
OUTBEDT17	Time Got out of Bed	[Time – 24hr]
OUTBEDFLG17	Imputed Time Got out of Bed (AM&PM) records	0 = Not Flagged 1 = Flagged

Variable	Label	Codes
BEDSWET17	Night Sweats/Hot Flashes after Bed	1 = No 2 = Yes
HTFLSHN17	# of Night Sweats/Hot Flashes Last Night	[Numeric]
HTFLSHB17	Bothered by Night Sweats/Hot Flashes Last Night	1 = Not at all 2 = Very little 3 = Moderately 4 = A lot
SLEPINT17	Sleep Interrupted	1 = No 2 = Yes
INTFMPT17	Sleep Interrupted (Family Member/Pet)	1 = No 2 = Yes
INTNOIS17	Sleep Interrupted (Noise)	1 = No 2 = Yes
INTPAIN17	Sleep Interrupted (Pain)	1 = No 2 = Yes
INTWORY17	Sleep Interrupted (Worry)	1 = No 2 = Yes
INTCOLD17	Sleep Interrupted (Cold/Hot)	1 = No 2 = Yes
INTBATH17	Sleep Interrupted (Bathroom)	1 = No 2 = Yes
INTOTH17	Sleep Interrupted (Another Reason)	1 = No 2 = Yes
SLEPMED17	Took Med to Help Sleep	1 = No 2 = Yes
SLEPQUAL17	Sleep Quality	1 = Very poor 2 = Poor 3 = Fair 4 = Good 5 = Very good
SLPUSUL17	Sleep as Usual	1 = No 2 = Yes
DURATIO17	Total Sleep Time	[Numeric]
SLPMIDPT17	Sleep Midpoint	[Numeric]
FLGSLPTM17	Flag: Inbed Time and Sleep Time Discrepancy	0 = Sleep time after or equal inbed time 1 = Sleep time before inbed time
FLGOBTM17	Flag: Outbed Time and Wake Time Discrepancy	0 = Outbed time after or equal wake time 1 = Outbed time before wake time
Summary Variables		
DAYCONT17	Total # of Valid Days of Diary Data	[Numeric]
HOTTDY_T17	Total # of Days Had Hot Flashes/Flushes Today	[Numeric]
BEDSWT_T17	Total # of Days Had Night Sweats/Hot Flashes after Bed	[Numeric]
SLPINT_T17	Total # of Days Reported Sleep Interrupted	[Numeric]
INTFMPT_T17	Total # of Days Sleep Interrupted (Family Member/Pet)	[Numeric]
INTNOS_T17	Total # of Days Sleep Interrupted (Noise)	[Numeric]
INTPAN_T17	Total # of Days Sleep Interrupted (Pain)	[Numeric]
INTWRY_T17	Total # of Days Sleep Interrupted (Worry)	[Numeric]
INTCLD_T17	Total # of Days Sleep Interrupted (Cold/Hot)	[Numeric]
INTBTH_T17	Total # of Days Sleep Interrupted (Bathroom)	[Numeric]
INTOTH_T17	Total # of Days Sleep Interrupted (Other)	[Numeric]
SLPMED_T17	Total # of Days Took Meds to Help Sleep	[Numeric]
SLPUSL_T17	Total # of Nights Sleep as Usual	[Numeric]
NAPS_M17	Means # of Naps Taken	[Numeric]

Variable	Label	Codes
SLPMIN_M17	Mean # of Minutes Took to Fall Asleep	[Numeric]
WKNUM_M17	Mean # of Times Remember Waking up during Night	[Numeric]
WKMIN_M17	Mean # of Minutes Awake during Night	[Numeric]
SLPQU_M17	Mean Sleep Quality Rating	[Numeric]
INBEDT_M17	Mean Time Got in Bed	[Time – 24hr]
SLEPTM_M17	Mean Time Tried Go to Sleep	[Time – 24hr]
WKTU_M17	Mean Time Woke up	[Time – 24hr]
OTBEDT_M17	Mean Time Got out of Bed	[Time – 24hr]
DURATIO_M17	Mean Total Sleep Time	[Numeric]
DURNAP_M17	Mean Total Nap Time	[Numeric]
SLPMIDPT_M17	Average Sleep Midpoint	[Numeric]
NAPS_SD17	SD of Mean # of Naps Taken	[Numeric]
SLPMIN_SD17	SD of Mean # of Minutes Took to Fall Asleep	[Numeric]
WKNUM_SD17	SD of Mean # of Times Remember Waking up during Night	[Numeric]
WKMIN_SD17	SD of Mean # of Minutes Awake during Night	[Numeric]
SLPQU_SD17	SD of Mean Sleep Quality Rating	[Numeric]
INBEDT_SD17	SD of Mean Time Got in Bed	[Time – 24hr]
SLEPTM_SD17	SD of Mean Time Tried Go to Sleep	[Time – 24hr]
WKTU_SD17	SD of Mean Time Woke up	[Time – 24hr]
OTBEDT_SD17	SD of Mean Time Got out of Bed	[Time – 24hr]
DURATIO_SD17	SD of Mean Total Sleep Time	[Numeric]
DURNAP_SD17	SD of Mean Total Nap Time	[Numeric]
SLPMIDPT_SD17	SD of Sleep Midpoint	[Numeric]
MEDNUM_T17	Total # of Meds Taken to Help Sleep	[Numeric]
NUMWEEKDAY17	# of Valid Weekdays Nights Used for Calculating Average Values	[Numeric]
NUMWEEKEND17	# of Valid Weekends Nights Used for Calculating Average Values	[Numeric]
NUMNIGHT17	# of Non-missing Nights Used for Calculating Average Values	[Numeric]
ANYSLEPMED17	Took Any Sleep Meds	1 = No 2 = Yes

DATA COLLECTION FORMS

= Variable excluded from public use datafile

~ A randomly generated ID will be provided that is different from the original ID

† This date is given in days since the initial baseline interview, which is day zero



SWAN SLEEP DIARY

AFFIX ID LABEL HERE

A1. Participant ID: **ARCHID~**

A2. SWAN Study Visit **VISIT**

17

A3. Form Version **#FORM_V**

01/28/2021

A4. Date Reviewed with Participant

 / / **DREVIEWDAY17†**

A5. Reviewer's Initials **#INITS**

A6-A9: TO BE COMPLETED BY SWAN STAFF WHEN MONITORS & DIARY ARE RETURNED.

A6. Participant started wearing ActiWatch on:

DSTARTWAT17†

 / /

A7. Participant stopped wearing ActiWatch on:

DSTOPWAT17†

 / /

A8. Participant started wearing Activity Monitor on:

DSTARTMON17†

 / /

A9. Participant stopped wearing Activity Monitor on:

DSTOPMON17†

 / /

B. Please fill this out LAST thing at night, before going to sleep. [CIRCLE AM OR PM FOR ALL TIMES.]

1. Today's Date: ____/____/____
m m d d y y y y

2. Night 1 **NIGTNUM17**



DNIGHTDAY17[†]

3. Did you take any naps today? (A nap is any planned or unplanned sleep lasting at least 10 minutes.)

1 = No **[GO TO 4.]** 2 = Yes **#NAPS**

a. **IF YES**, today I took... ____ Number of Naps **NAPSNUM17**

PLEASE CIRCLE AM OR PM FOR ALL TIMES.

If NAPS, when?

Nap Start

Nap Stop

1. ____:____ **AM or PM**
#N1STATH17, #N1STATM17, #N1STATA17

____:____ **AM or PM**
#N1STOPH17, #N1STOPM17, #N1STOPA17

2. ____:____ **AM or PM**
#N2STATH17, #N2STATM17, #N2STATA17

____:____ **AM or PM**
#N2STOPH17, #N2STOPM17, #N2STOPA17

3. ____:____ **AM or PM**
#N3STATH17, #N3STATM17, #N3STATA17

____:____ **AM or PM**
#N3STOPH17, #N3STOPM17, #N3STOPA17

4. ____:____ **AM or PM**
#N4STATH17, #N4STATM17, #N4STATA17

____:____ **AM or PM**
#N4STOPH17, #N4STOPM17, #N4STOPA17

4. Today I experienced hot flashes/flushes? 1 = No **[GO TO 5.]** 2 = Yes **HOTTODY17**

a. How many hot flashes/flushes did you have throughout the day: ____ Number **HOTODYN17**

b. How much were you bothered by the hot flashes/flushes? (Please circle one response) **HOTODYB17**

1: Not at all 2: Very little 3: Moderately 4: A lot

5. Today I wore my wrist monitor... 1 = No **[END this page.]** 2 = Yes **#WRISTWOR**



6. Today I took off my wrist monitor... 1 = No **[END this page.]** 2 = Yes **#WRISTOFF**

If YES, when?

Time removed

Time put back on

Time removed

Time put back on

1. ____:____ **AM or PM** ____:____ **AM or PM**

2. ____:____ **AM or PM** ____:____ **AM or PM**

#WRS1OFFH, #WRS1OFFM, #WRS1OFFA

#WRS1ONH, #WRS1ONM, #WRS1ONA

#WRS2OFFH, #WRS2OFFM, #WRS2OFFA

#WRS2ONH, #WRS2ONM, #WRS2ONA

Remember to take off your red waist monitor when you go to bed.



C. Please fill this out FIRST thing in the morning, after getting out of bed. [Circle AM or PM for times.]

1. Today's Date: ____/____/____ DDAYDAY17†
m m d d y y y y

2. Day 1 DAYNUM17



3. Last night I got in bed at.....:____ AM or PM
#INBEDH17, #INBEDM17, #INBEDA17 INBEDT17

4. Last night I actually tried to go to sleep at.....:____ AM or PM
#SLEPH17, #SLEPM17, #SLEPA17 SLEEPT17

5. I think it took me about.....minutes to fall asleep
SLEPMIN17

6. Last night after I finally fell asleep, I remember waking up.....number of times
WAKENUM17

7. Altogether, I think I was awake for.....minutes during the night
WAKEMIN17

8. This morning, I finally woke at.....:____ AM or PM
#WOKEH17, #WOKEM17, #WOKEA17 WOKET17

9. This morning, I actually got out of bed to start my day at.....:____ AM or PM
#OUTBEDH17, #OUTBEDM17, #OUTBEDA17 OUTBEDT17

10. Last night I experienced hot flashes/flushes or night sweats after going to bed. 1 = No [GO TO 11] 2 = Yes
BEDSWET17

a. How many hot flashes/flushes or night sweats did you have last night? _____ Number
HTFLSHN17

b. How much were you bothered by hot flashes/flushes or night sweats? (Circle one response.) HTFLSHB17

1: Not at all 2: Very little 3: Moderately 4: A lot

11. Was your last night's sleep interrupted for any reason? 1 = No [GO TO 12] 2 = Yes SLEPINT17

If YES, last night my sleep was interrupted by:

	NO	YES
a. A family member or pet <u>INTFMPT17</u>	1	2
b. Noise <u>INTNOIS17</u>	1	2
c. Pain <u>INTPAIN17</u>	1	2
d. Worrying <u>INTWORY17</u>	1	2
e. Feeling cold or hot <u>INTCOLD17</u>	1	2
f. Needing to use the bathroom <u>INTBATH17</u>	1	2
g. Other reasons besides a-f <u>INTOTH17</u>	1	2

12. Last night I took prescription or over the counter medication (including supplements) to help me sleep...
SLEPMED17

1 = No [GO TO 13.] 2 = Yes → If Yes, medication/supplement name #SLEPMEDS17

13. Last night the quality of my sleep was (Circle One): 1:very poor 2:poor 3:fair 4:good 5:very good
SLEPQUAL17

14. Was last night similar to your usual sleep? 1 = No 2 = Yes SLPUSUL17

Remember to put on your red waist monitor when you get out of bed. [**END** this page, Good Morning!]