STQ

ID ___ ___ ___ ___ ___ ___   Date ___ ___ / ___ ___ / ___ ___
                                                      m   m   d   d   y   y

This questionnaire asks about when you normally sleep. We are interested in getting as accurate a picture as we can of the times when you normally go to bed and get up. Please think carefully before giving your answers and be as accurate and specific as you can be. **Please answer in terms of a recent "normal average week," not one in which you traveled, vacationed or had family crises. Thanks.**

Please think of GOOD NIGHT TIME as the time at which you are finally in bed and trying to fall asleep.

1. On the night before a work day or school day,
    what is your **earliest** GOOD NIGHT TIME?   ____:____ pm/am

2. On the night before a work day or school day,
    what is your **latest** GOOD NIGHT TIME?   ____:____ pm/am

3. On the night before a work day or school day,
    what is your **usual** GOOD NIGHT TIME?   ____:____ pm/am

4. How stable (i.e., similar each night) are your GOOD NIGHT TIMES
    before a work day or school day? (*circle one*)
0-15 mins.   16-30 mins.   31-45 mins.   46-60 mins.   61-75 mins.   76-90 mins.
      91-105 mins.   106-120 mins.   2-3 hours   3-4 hours   over 4 hours

5. On the night before a day off (e.g., a weekend),
    what is your **earliest** GOOD NIGHT TIME?   ____:____ pm/am

6. On the night before a day off (e.g., a weekend),
    what is your **latest** GOOD NIGHT TIME?   ____:____ pm/am

7. On the night before a day off (e.g., a weekend),
    what is your **usual** GOOD NIGHT TIME?   ____:____ pm/am

8. How stable (i.e., similar each night) are your GOOD NIGHT TIMES
    on the night before a day off (e.g., a weekend)? (*circle one*)
0-15 mins.   16-30 mins.   31-45 mins.   46-60 mins.   61-75 mins.   76-90 mins.
      91-105 mins.   106-120 mins.   2-3 hours   3-4 hours   over 4 hours

STQ

ID ___ ___ ___ ___ ___ ___   Date ___ ___ / ___ ___ / ___ ___
                                                          m   m   d   d   y   y

Please think of GOOD MORNING TIME as the time at which you finally get out of bed and start your day.

9. On the night before a work day or school day,
   what is your **earliest** GOOD MORNING TIME?   ____:____ am/pm

10. On the night before a work day or school day,
   what is your **latest** GOOD MORNING TIME?   ____:____ am/pm

11. On the night before a work day or school day,
   what is your **usual** GOOD MORNING TIME?   ____:____ am/pm

12. How stable (i.e., similar each night) are your GOOD MORNING TIMES
   on the night before a work or school day? (*circle one*)
0-15 mins.   16-30 mins.   31-45 mins.   46-60 mins.   61-75 mins.   76-90 mins.
     91-105 mins.   106-120 mins.   2-3 hours   3-4 hours   over 4 hours

13. On the night before a day off (e.g., a weekend),
   what is your **earliest** GOOD MORNING TIME?   ____:____ am/pm

14. On the night before a day off (e.g., a weekend),
   what is your **latest** GOOD MORNING TIME?   ____:____ am/pm

15. On the night before a day off (e.g., a weekend),
   what is your **usual** GOOD MORNING TIME?   ____:____ am/pm

16. How stable (i.e., similar each night) are your GOOD MORNING TIMES
   on the night before a day off (e.g., a weekend)? (*circle one*)
0-15 mins.   16-30 mins.   31-45 mins.   46-60 mins.   61-75 mins.   76-90 mins.
     91-105 mins.   106-120 mins.   2-3 hours   3-4 hours   over 4 hours

These questions are about how much sleep you lose to unwanted wakefulness.

17. On most nights, how long, on average, does it take you
   to fall asleep after you start trying?   _____ minutes

18. On most nights, how much sleep do you lose, on average, from waking up
   during the night (e.g., to go to the bathroom)?   _____ minutes