
NHATS Round 4

Section SL [SLEEP]

Sequence: 39

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

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

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

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

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

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

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