

WIHS ID#

B2. PROMPT: HAND PARTICIPANT FOLLOW-UP RESPONSE CARD M3.

These questions are about your sleep habits over the past two weeks. Please pick one answer for each of the following questions. Pick the answer that best describes how often you experienced the situation in the past 2 weeks.

In the past two weeks...

	No, not in the past 2 weeks	Yes, less than once a week	Yes, 1 or 2 times a week	Yes, 3 or 4 times a week	Yes, 5 or more times a week
a. Did you have trouble falling asleep?	1	2	3	4	5
b. Did you wake up several times a night?	1	2	3	4	5
c. Did you wake up earlier than you had planned to, and were unable to fall asleep again?	1	2	3	4	5

The following question relates to your usual sleep habits during the past month only. Your answer should give the most accurate description for most of the days and nights in the past month.

B3. During the past month, how would you rate your sleep quality overall?

- Very good1
- Fairly good2
- Fairly bad.....3
- Very bad4

B4. TIME MODULE ENDED:

|_|_| : |_|_| AM..... 1
 PM..... 2