

 H4SP6**Question**

- Over the past four weeks, how often did you have trouble staying asleep throughout the night? For example, you woke up several times at night or woke up earlier than you planned to?

0	never in the past four weeks
1	less than once a week
2	1 or 2 times a week
3	3 or 4 times a week
4	5 or more times a week