

 H5ID16**Question**

Q16. Over the past 4 weeks, how often did you have trouble falling asleep or staying asleep through the night - for example, you woke up several times at night or woke up earlier than you planned to?

0	never
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