Sleep Patterns

Concept

Sleep Patterns

Items

- 934 - On days when you go to work, school, or similar activities, what time do you usually wake up? (hour)
- 935 - On days when you go to work, school, or similar activities, what time do you usually wake up? (minute)
- 936 - On days when you go to work, school, or similar activities, what time do you usually wake up? (am/pm)
- 937 - What time do you usually go to bed on week nights?
- 938 - On days when you go to work, school, or similar activities, what time do you usually go to sleep the night (or day) before? (hour)
- 939 - On days when you go to work, school, or similar activities, what time do you usually go to sleep the night (or day) before? (minute)
- 940 - On days when you go to work, school, or similar activities, what time do you usually go to sleep the night (or day) before? (am/pm)
- 941 - On days you don't have to get up at a certain time, what time do you usually get up? Hhour)
- 942 - On days you don't have to get up at a certain time, what time do you usually get up? (minute)
- 943 - On days you don't have to get up at a certain time, what time do you usually get up? (am/pm)
- 944 - On days you don't have to get up at a certain time, what time do you usually go to sleep the night or day before? (hour)
- 945 - On days you don't have to get up at a certain time, what time do you usually go to sleep the night or day before? (minute)
- 946 - On days you don't have to get up at a certain time, what time do you usually go to sleep the night or day before? (am/pm)
- 947 - How many hours of sleep do you usually get?
- 948 - Do you usually get enough sleep?
- 949 - Over the past four weeks, how often did you have trouble falling asleep?
- 950 - Over the past four weeks, how often did you have trouble staying asleep through the night? For example, you woke up several times at night or woke up earlier than you planned to?
- 951 - Based on what you have noticed or what others have told you, are there times when you snore or you stop breathing during your sleep?
- 952 - In the past seven days, how often did you fall asleep when you should have been awake (for example, during class or at work)?
- 953 - In the past seven days, how often did you take a nap?
- 954 - How often have you had trouble falling asleep or staying asleep?
- 968 - During the summer, what time do you usually go to bed on week nights?

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