**NHATS Round 3**

**Section SL [SLEEP]**

<table>
<thead>
<tr>
<th>SL1PRE</th>
<th>SL1PRE</th>
<th>NOT ON FILE</th>
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</thead>
</table>

**QUESTION TEXT:**

The next set of questions is about {your/SP’s} sleep patterns.

PRESS 1 AND ENTER TO CONTINUE

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**SL1A**

**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:**

<table>
<thead>
<tr>
<th>Range</th>
<th>SL2A</th>
</tr>
</thead>
<tbody>
<tr>
<td>REFUSED</td>
<td></td>
</tr>
<tr>
<td>DON’T KNOW</td>
<td></td>
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</tbody>
</table>

**PROGRAMMER INSTRUCTIONS:**

Hard Range 1-12, 95
If SL1A = 95, go to SL2A

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**SL1B**

**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:**

<table>
<thead>
<tr>
<th>Range</th>
<th>00-59</th>
</tr>
</thead>
<tbody>
<tr>
<td>REFUSED</td>
<td></td>
</tr>
<tr>
<td>DON’T KNOW</td>
<td></td>
</tr>
</tbody>
</table>

**PROGRAMMER INSTRUCTIONS:**

Hard range 00-59

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**SL1C**

**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

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

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

DISPLAY INSTRUCTIONS:
Display SL2a-b on the same screen.
Display "WAKE UP TIME HOUR" in underlined text.

QUESTION TEXT:

[In the last month, how long did it usually take {you/SP} to fall asleep each night?]
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 sl3morning2 R3 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 sl3morning3 R3 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**

**sleephour**

**R3 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

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**SL5**

**sleepbre**

**R3 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

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**SL6**

**sleeppain**

**R3 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

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

SHOW CARD SL3

QUESTION TEXT:
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

SHOW CARD SL3

QUESTION TEXT:
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

Page 5 of 6

NHATS Round 3 :: SL
04/08/2019
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

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

Question Text:
In general, were these naps planned, or did you 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