## NHATS Round 4

<table>
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<tr>
<th>Section</th>
<th>SL</th>
<th>[SLEEP]</th>
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<tr>
<td>SL1PRE</td>
<td></td>
<td>NOT ON FILE</td>
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</table>

### QUESTION TEXT:
The next set of questions is about {your/SP’s} sleep patterns.
PRESS 1 AND ENTER TO CONTINUE

### SL1A

<table>
<thead>
<tr>
<th>si4bedtime1</th>
<th>R4 SL1A USUAL BED TIME HOUR</th>
</tr>
</thead>
</table>

#### 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:
Range 1-12, 95
REFUSED SL2A
DON’T KNOW SL2A

#### PROGRAMMER INSTRUCTIONS:
Hard Range 1-12, 95
If SL1A = 95, go to SL2A

### SL1B

<table>
<thead>
<tr>
<th>si4bedtime2</th>
<th>R4 SL1B USUAL BED TIME MINUTE</th>
</tr>
</thead>
</table>

#### 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:
Range 0-59
REFUSED
DON’T KNOW

#### PROGRAMMER INSTRUCTIONS:
Hard range 00-59

### SL1C

<table>
<thead>
<tr>
<th>si4bedtime3</th>
<th>R4 SL1C USUAL BED TIME AM PM</th>
</tr>
</thead>
</table>

#### 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

SLA

DISPLAY INSTRUCTIONS:
Display SL2a-b on the same screen.
Display "HOURS" in underlined 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

SLB

DISPLAY INSTRUCTIONS:
Display SL2a-b on the same screen.
Display "MINUTES" in underlined 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 0-59
REFUSED
DON'T KNOW

PROGRAMMER INSTRUCTIONS:
Hard Range 0-59

SL3A

R4 SL3A WAKE UP TIME HOUR

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**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

**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

**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**  
**sl4sleephour**  
**R4 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**  
**sl4sleepbre**  
**R4 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**  
**sl4sleeppain**  
**R4 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)
SOME NIGHTS (2-4 NIGHTS A WEEK)
RARELY (ONCE A WEEK OR LESS)
NEVER
REFUSED
DON’T KNOW

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
6 REFUSED
7 DON’T KNOW

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
6 REFUSED
7 DON’T KNOW

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
6 REFUSED
7 SECTION CL
8 SECTION CL

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4/8/2019
**SL10A**  
**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  
REFUSED  
DON'T KNOW  

**PROGRAMMER INSTRUCTIONS:**  
Hard Range 0-24, 95  
Soft Range 0-4  
If SL10A = 95, go to SL11

**SL10B**  
**DISPLAY INSTRUCTIONS:**  
Display "MINUTES" in underlined text.

**QUESTION TEXT:**  
[On average, how long were these naps?]  
ENTER NUMBER OF MINUTES

**ENTER NUMBER:**  
Range  
REFUSED  
DON'T KNOW

**PROGRAMMER INSTRUCTIONS:**  
Hard Range 0-59

**SL11**  
**QUESTION TEXT:**  
In general, were these naps planned, or did {you/SP} 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