

**HESLPA**  
SHOW CARD C2

How often do you have difficulty falling asleep?

INTERVIEWER: Count as yes if cannot get to sleep for at least 30 minutes.

- 1 Not during the last month
- 2 Less than once a week
- 3 Once or twice a week
- 4 Three or more times a week

**HESLPB**  
SHOW CARD C2

How often do you wake up several times in the night?

- 1 Not during the last month
- 2 Less than once a week
- 3 Once or twice a week
- 4 Three or more times a week

**HESLPD**  
SHOW CARD C2

How often do you wake up after your usual amount of sleep feeling tired and worn out?

- 1 Not during the last month
- 2 Less than once a week
- 3 Once or twice a week
- 4 Three or more times a week

**HESLPE**

| | | | | How many hours of sleep do you have on an average week night?  
| | | | | You can tell me to the nearest half hour.

| | | | | **HESLPPF**

| | | | | During the last month, how would you rate your sleep quality overall?

| | | | | 1 Very good

| | | | | 2 Good

| | | | | 3 Fairly bad

| | | | | 4 Very bad

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