

### **HESLPA**

SHOW CARD C1

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 C1

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

### **HESLPC**

SHOW CARD C2

How often in the past month did you have trouble staying asleep (including waking far too early)?

- 1 Not at all
- 2 1-3 days
- 3 4-7 days
- 4 8-14 days
- 5 15-21 days
- 6 22-31 days

**HESLPD**

SHOW CARD C1

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.

RANGE: 1.0..15.0

**[CHECK HE10-HE11]**

**HESLPX**

SHOW CARD C1

How often do you doze off or take a nap during the morning or afternoon?

- 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

**HESLPF**

During the last month, how would you rate your sleep quality overall. Would you say it was...

INTERVIEWER: READ OUT

- 1...Very good
- 2 Good
- 3 Fairly bad
- 4 Very bad?