

**Variable Values**

| Variable | Label   |      | Value                                     |
|----------|---|------|---|
| Y23_Epw1 | Sleep when sitting and reading                | .00  | Would never doze off                      |
|          |   | 1.00 | Slight chance of dozing or sleeping       |
|          |   | 2.00 | Moderate chance of dozing or sleeping     |
|          |   | 3.00 | High chance of dozing or sleeping         |
| Y23_Epw2 | Sleep when watching TV                        | .00  | Would never doze off                      |
|          |   | 1.00 | Slight chance of dozing or sleeping       |
|          |   | 2.00 | Moderate chance of dozing or sleeping     |
|          |   | 3.00 | High chance of dozing or sleeping         |
| Y23_Epw3 | Sleep when sitting in public place            | .00  | Would never doze off                      |
|          |   | 1.00 | Slight chance of dozing or sleeping       |
|          |   | 2.00 | Moderate chance of dozing or sleeping     |
|          |   | 3.00 | High chance of dozing or sleeping         |
| Y23_Epw4 | Sleep when passenger vehicle >1hour           | .00  | Would never doze off                      |
|          |   | 1.00 | Slight chance of dozing or sleeping       |
|          |   | 2.00 | Moderate chance of dozing or sleeping     |
|          |   | 3.00 | High chance of dozing or sleeping         |
| Y23_Epw5 | Sleep when lying down in afternoon            | .00  | Would never doze off                      |
|          |   | 1.00 | Slight chance of dozing or sleeping       |
|          |   | 2.00 | Moderate chance of dozing or sleeping     |
|          |   | 3.00 | High chance of dozing or sleeping         |
| Y23_Epw6 | Sleep when sitting and talking to someone     | .00  | Would never doze off                      |
|          |   | 1.00 | Slight chance of dozing or sleeping       |
|          |   | 2.00 | Moderate chance of dozing or sleeping     |
|          |   | 3.00 | High chance of dozing or sleeping         |
| Y23_Epw7 | Sleep when sitting after lunch (no alcohol)   | .00  | Would never doze off                      |
|          |   | 1.00 | Slight chance of dozing or sleeping       |
|          |   | 2.00 | Moderate chance of dozing or sleeping     |
|          |   | 3.00 | High chance of dozing or sleeping         |
| Y23_Epw8 | Sleep when stop for few minutes while driving | .00  | Would never doze off                      |
|          |   | 1.00 | Slight chance of dozing or sleeping       |
|          |   | 2.00 | Moderate chance of dozing or sleeping     |
|          |   | 3.00 | High chance of dozing or sleeping         |
| Y23_Bn1  | Do you snore                                  | .00  | No  |
|          |   | 1.00 | Yes                                       |
|          |   | 2.00 | Don't know                                |
| Y23_Bn2  | How loud snoring                              | 1.00 | Slightly louder then breathing            |
|          |   | 2.00 | As loud as talking                        |
|          |   | 3.00 | Louder than talking                       |
|          |   | 4.00 | Very loud, can be heard in adjacent rooms |
|          |   | 5.00 | Dont know/refused                         |
| Y23_Bn3  | How often snore                               | 1.00 | Nearly every day                          |
|          |   | 2.00 | 3 to 4 nights per week                    |
|          |   | 3.00 | 1 to 2 nights per week                    |
|          |   | 4.00 | 1 to 2 nights per month                   |
|          |   | 5.00 | Never or nearly never/don't know          |
| Y23_Bn4  | snoring bother others                         | .00  | No/Don't know                             |
|          |   | 1.00 | Yes                                       |
| Y23_Bn5  | quit breathing during sleep                   | 1.00 | Nearly every day                          |
|          |   | 2.00 | 3 to 4 nights per week                    |

|          |   |      |                                  |
|----------|---|------|----------------------------------|
|          |   | 3.00 | 1 to 2 nights per week           |
|          |   | 4.00 | 1 to 2 nights per month          |
|          |   | 5.00 | Never or nearly never/don't know |
| Y23_Bn6  | How often tired after sleep                             | 1.00 | Nearly every day                 |
|          |   | 2.00 | 3 to 4 nights per week           |
|          |   | 3.00 | 1 to 2 nights per week           |
|          |   | 4.00 | 1 to 2 nights per month          |
|          |   | 5.00 | Never or nearly never/don't know |
| Y23_Bn7  | when awake feel tired                                   | 1.00 | Nearly every day                 |
|          |   | 2.00 | 3 to 4 nights per week           |
|          |   | 3.00 | 1 to 2 nights per week           |
|          |   | 4.00 | 1 to 2 nights per month          |
|          |   | 5.00 | Never or nearly never/don't know |
| Y23_Bn8  | nodded of / fallen asleep while driving                 | .00  | No/Don't know                    |
|          |   | 1.00 | Yes                              |
| Y23_Bn9  | How often asleep while driving                          | 1.00 | Nearly every day                 |
|          |   | 2.00 | 3 to 4 nights per week           |
|          |   | 3.00 | 1 to 2 nights per week           |
|          |   | 4.00 | 1 to 2 nights per month          |
|          |   | 5.00 | Never or nearly never/don't know |
| Y23_FOS1 | Difficulty concentrating because tired                  | .00  | Don't do activity                |
|          |   | 1.00 | No difficulty                    |
|          |   | 2.00 | Yes, a little difficulty         |
|          |   | 3.00 | Yes, moderate difficulty         |
|          |   | 4.00 | Yes, extreme difficulty          |
| Y23_FOS2 | Difficulty rememberin because tired                     | .00  | Don't do activity                |
|          |   | 1.00 | No difficulty                    |
|          |   | 2.00 | Yes, a little difficulty         |
|          |   | 3.00 | Yes, moderate difficulty         |
|          |   | 4.00 | Yes, extreme difficulty          |
| Y23_FOS3 | Difficulty operating motor vehicle <160km because tired | .00  | Don't do activity                |
|          |   | 1.00 | No difficulty                    |
|          |   | 2.00 | Yes, a little difficulty         |
|          |   | 3.00 | Yes, moderate difficulty         |
|          |   | 4.00 | Yes, extreme difficulty          |
| Y23_FOS4 | Difficulty operating motor vehicle >160km because tired | .00  | Don't do activity                |
|          |   | 1.00 | No difficulty                    |
|          |   | 2.00 | Yes, a little difficulty         |
|          |   | 3.00 | Yes, moderate difficulty         |
|          |   | 4.00 | Yes, extreme difficulty          |
| Y23_FOS5 | Difficulty visiting people because tired                | .00  | Don't do activity                |
|          |   | 1.00 | No difficulty                    |
|          |   | 2.00 | Yes, a little difficulty         |
|          |   | 3.00 | Yes, moderate difficulty         |
|          |   | 4.00 | Yes, extreme difficulty          |
| Y23_FOS6 | Difficult relationship with people because tired        | .00  | Don't do activity                |
|          |   | 1.00 | No difficulty                    |
|          |   | 2.00 | Yes, a little difficulty         |
|          |   | 3.00 | Yes, moderate difficulty         |
|          |   | 4.00 | Yes, extreme difficulty          |
| Y23_FOS7 | Difficulty watching movie because tired                 | .00  | Don't do activity                |
|          |   | 1.00 | No difficulty                    |

|           |  |      |                              |
|-----------|--|------|------------------------------|
|           |  | 2.00 | Yes, a little difficulty     |
|           |  | 3.00 | Yes, moderate difficulty     |
|           |  | 4.00 | Yes, extreme difficulty      |
| Y23_FOS8  | Difficulty being active in evening because tired | .00  | Don't do activity            |
|           |  | 1.00 | No difficulty                |
|           |  | 2.00 | Yes, a little difficulty     |
|           |  | 3.00 | Yes, moderate difficulty     |
|           |  | 4.00 | Yes, extreme difficulty      |
| Y23_FOS9  | Difficulty being active in morning because tired | .00  | Don't do activity            |
|           |  | 1.00 | No difficulty                |
|           |  | 2.00 | Yes, a little difficulty     |
|           |  | 3.00 | Yes, moderate difficulty     |
|           |  | 4.00 | Yes, extreme difficulty      |
| Y23_FOS10 | Desire for intimacy / sex affected because tired | .00  | Don't do activity            |
|           |  | 1.00 | No difficulty                |
|           |  | 2.00 | Yes, a little difficulty     |
|           |  | 3.00 | Yes, moderate difficulty     |
|           |  | 4.00 | Yes, extreme difficulty      |
| Y23_ME1   | best time to get up                              |      |                              |
| Y23_ME2   | best time to go to bed                           |      |                              |
| Y23_ME3   | how dependant on alarm clock                     | 1.00 | Not at all dependent         |
|           |  | 2.00 | Slightly dependent           |
|           |  | 3.00 | Fairly dependent             |
|           |  | 4.00 | Very dependent               |
| Y23_ME4   | How easy getting up                              | 1.00 | Not at all easy              |
|           |  | 2.00 | Not very easy                |
|           |  | 3.00 | Fairly easy                  |
|           |  | 4.00 | Very easy                    |
| Y23_ME5   | How alert in first half hour                     | 1.00 | Not at all alert             |
|           |  | 2.00 | Slightly alert               |
|           |  | 3.00 | Fairly alert                 |
|           |  | 4.00 | Very alert                   |
| Y23_ME6   | Appetite in first half hour                      | 1.00 | Very poor                    |
|           |  | 2.00 | Fairly poor                  |
|           |  | 3.00 | Fairly good                  |
|           |  | 4.00 | Very good                    |
| Y23_ME7   | Tiredness in first half hour                     | 1.00 | Very tired                   |
|           |  | 2.00 | Fairly tired                 |
|           |  | 3.00 | Fairly refreshed             |
|           |  | 4.00 | Very refreshed               |
| Y23_ME8   | No commitments the next day - same bed time      | 1.00 | Seldom or never later        |
|           |  | 2.00 | Less than one hour later     |
|           |  | 3.00 | 1 to 2 hours later           |
|           |  | 4.00 | more than 2 hours later      |
| Y23_ME9   | Excercise between 7 - 8 am. How perform          | 1.00 | Would be on good form        |
|           |  | 2.00 | Would be on reasonable form  |
|           |  | 3.00 | Would find it difficult      |
|           |  | 4.00 | Would find it very difficult |
| Y23_ME10  | What time at night do you want to sleep          |      |                              |

|          |  |      |  |
|----------|--|------|--|
| Y23_ME11 | Best testing time                        | 1.00 | 8am to 10am                                      |
|          |  | 2.00 | 11am to 1pm                                      |
|          |  | 3.00 | 3pm to 5pm                                       |
|          |  | 4.00 | 7pm to 9pm                                       |
| Y23_ME12 | bedtime 11.00pm - how tired              | 1.00 | Not at all tired                                 |
|          |  | 2.00 | A little tired                                   |
|          |  | 3.00 | Fairly tired                                     |
|          |  | 4.00 | Very tired                                       |
| Y23_ME13 | Late night - when wake up                | 1.00 | Wake up at usual time and will NOT fall asleep   |
|          |  | 2.00 | Wake up at usual time and will doze thereafter   |
|          |  | 3.00 | Wake up at usual time but will fall asleep again |
|          |  | 4.00 | will NOT wake up until later than usual          |
| Y23_ME14 | Awake 4 - 6 am - what would you do       | 1.00 | Would not go to bed until watch was over         |
|          |  | 2.00 | Would take a nap before and sleep after          |
|          |  | 3.00 | Would take a good sleep before and a nap after   |
|          |  | 4.00 | Would take all sleep before watch                |
| Y23_ME15 | 2 hours hard physical work - when        | 1.00 | 8am to 10am                                      |
|          |  | 2.00 | 11am to 1pm                                      |
|          |  | 3.00 | 3pm to 5pm                                       |
|          |  | 4.00 | 7pm to 9pm                                       |
| Y23_ME16 | Excercise between 10 -11 pm. How perform | 1.00 | Would be on good form                            |
|          |  | 2.00 | Would be on reasonable form                      |
|          |  | 3.00 | Would find it difficult                          |
|          |  | 4.00 | Would find it very difficult                     |
| Y23_ME17 | Best 5 consecutive work hours            |      |  |
| Y23_ME18 | Time of feeling best peak                |      |  |
| Y23_ME19 | Evening or morning person                | 1.00 | Definitely a 'morning' type                      |
|          |  | 2.00 | Rather more a 'morning' than an 'evening' type   |
|          |  | 3.00 | Rather more an 'evening' than a 'morning' type   |
|          |  | 4.00 | Definitely an 'evening' type                     |
| Y23_aCg1 | Fridge for one thing but got another     | .00  | Never  |
|          |  | 1.00 | Rarely   |
|          |  | 2.00 | Sometimes  |
|          |  | 3.00 | Quite often                                      |
| Y23_aCg2 | Room for one thing but got another       | 4.00 | Very often                                       |
|          |  | .00  | Never  |
|          |  | 1.00 | Rarely   |
|          |  | 2.00 | Sometimes  |
| Y23_aCg3 | Zoned out of conversation                | 3.00 | Quite often                                      |
|          |  | 4.00 | Very often                                       |
|          |  | .00  | Never  |
|          |  | 1.00 | Rarely   |
| Y23_aCg4 | Put things in wrong places               | 2.00 | Sometimes  |
|          |  | 3.00 | Quite often                                      |
|          |  | 4.00 | Very often                                       |
|          |  | .00  | Never  |
| Y23_aCg5 | Wondered why went into a room            | 1.00 | Rarely   |
|          |  | 2.00 | Sometimes  |
|          |  | 4.00 | Very often                                       |
|          |  | .00  | Never  |

|           |  |      |             |
|-----------|--|------|-------------|
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_aCg6  | Start one task get distracted to do something else         | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_aCg7  | Can't remember what just read                              | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_aCg8  | Mistake because doing one thing but thinking about another | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_aCg9  | Absent-mindedly mixed up things                            | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_aCg10 | Double check things e.g locked door                        | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_aCg11 | Misplaced frequently used objects                          | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_aCg12 | Can't see what I am looking for even though it's in front  | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_Cog1  | Decide to do something then forget                         | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_Cog2  | Failed to recognise a revisited place                      | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |
|           |  | 4.00 | Very often  |
| Y23_Cog3  | Fail to do something in a few minutes time                 | .00  | Never       |
|           |  | 1.00 | Rarely      |
|           |  | 2.00 | Sometimes   |
|           |  | 3.00 | Quite often |

|           |   |      |             |
|-----------|---|------|-------------|
| Y23_Cog4  | Forget what told a few minutes before               | 4.00 | Very often  |
|           |   | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog5  | Forget appointmetns                                 | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog6  | Fail to recognisea character from scene to scene    | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog7  | Forget to buy something                             | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog8  | Forget things over last few days                    | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog9  | Repeat same story to same person                    | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog10 | Leave things behind                                 | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog11 | Mislay things                                       | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog12 | Fail to mention or give soemthing to a visitor      | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog13 | Look at something not realise sen it moments before | .00  | Never       |
|           |   | 1.00 | Rarely      |
|           |   | 2.00 | Sometimes   |
|           |   | 3.00 | Quite often |
|           |   | 4.00 | Very often  |
| Y23_Cog14 | Forget to recontact a friend                        | .00  | Never       |

|           |  |      |                         |
|-----------|--|------|-------------------------|
|           |  | 1.00 | Rarely                  |
|           |  | 2.00 | Sometimes               |
|           |  | 3.00 | Quite often             |
|           |  | 4.00 | Very often              |
| Y23_Cog15 | Forget what watched on TV previous day | .00  | Never                   |
|           |  | 1.00 | Rarely                  |
|           |  | 2.00 | Sometimes               |
|           |  | 3.00 | Quite often             |
|           |  | 4.00 | Very often              |
| Y23_Cog16 | Forget to tell someone something       | .00  | Never                   |
|           |  | 1.00 | Rarely                  |
|           |  | 2.00 | Sometimes               |
|           |  | 3.00 | Quite often             |
|           |  | 4.00 | Very often              |
| Y23_GAD1  | Feel nervous, anxious or on edge       | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |
| Y23_GAD2  | Not able to stop or control worry      | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |
| Y23_GAD3  | Worry too much about things            | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |
| Y23_GAD4  | Trouble relaxing                       | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |
| Y23_GAD5  | Too restless to sit still              | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |
| Y23_GAD6  | Easily annoyed or irritable            | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |
| Y23_GAD7  | Afraid something awful might happen    | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |
| Y23_PH1   | Little interest in doing things        | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |
| Y23_PH2   | Feel down, depressed, hopeless         | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |
| Y23_PH3   | Sleep trouble                          | .00  | Not at all              |
|           |  | 1.00 | Several days            |
|           |  | 2.00 | More than half the days |
|           |  | 3.00 | Nearly everyday         |

|         |                                      |      |                         |
|---------|--------------------------------------|------|-------------------------|
| Y23_PH4 | Feel tired                           | .00  | Not at all              |
|         |                                      | 1.00 | Several days            |
|         |                                      | 2.00 | More than half the days |
|         |                                      | 3.00 | Nearly everyday         |
| Y23_PH5 | Poor appedtite or overeating         | .00  | Not at all              |
|         |                                      | 1.00 | Several days            |
|         |                                      | 2.00 | More than half the days |
|         |                                      | 3.00 | Nearly everyday         |
| Y23_PH6 | Feel bad about self                  | .00  | Not at all              |
|         |                                      | 1.00 | Several days            |
|         |                                      | 2.00 | More than half the days |
|         |                                      | 3.00 | Nearly everyday         |
| Y23_PH7 | Trouble concentrating                | .00  | Not at all              |
|         |                                      | 1.00 | Several days            |
|         |                                      | 2.00 | More than half the days |
|         |                                      | 3.00 | Nearly everyday         |
| Y23_PH8 | Being slow or fidgety                | .00  | Not at all              |
|         |                                      | 1.00 | Several days            |
|         |                                      | 2.00 | More than half the days |
|         |                                      | 3.00 | Nearly everyday         |
| Y23_PH9 | Suicidal or self harm thoughts       | .00  | Not at all              |
|         |                                      | 1.00 | Several days            |
|         |                                      | 2.00 | More than half the days |
|         |                                      | 3.00 | Nearly everyday         |
| Y23_ps1 | Last mth - difficulty falling asleep | 0    | Never                   |
|         |                                      | 1    | Don't know              |
|         |                                      | 2    | Rarely, < once / week   |
|         |                                      | 3    | 1-2 times / week        |
|         |                                      | 4    | 3-4 times / week        |
|         |                                      | 5    | 5 - 7 times / week      |
| Y23_ps2 | Last mth - difficulty staying asleep | 0    | Never                   |
|         |                                      | 1    | Don't know              |
|         |                                      | 2    | Rarely, < once / week   |
|         |                                      | 3    | 1-2 times / week        |
|         |                                      | 4    | 3-4 times / week        |
|         |                                      | 5    | 5 - 7 times / week      |
| Y23_ps3 | Last mth - Frequent waking           | 0    | Never                   |
|         |                                      | 1    | Don't know              |
|         |                                      | 2    | Rarely, < once / week   |
|         |                                      | 3    | 1-2 times / week        |
|         |                                      | 4    | 3-4 times / week        |
|         |                                      | 5    | 5 - 7 times / week      |
| Y23_ps4 | Last mth - Not sound sleep           | 0    | Never                   |
|         |                                      | 1    | Don't know              |
|         |                                      | 2    | Rarely, < once / week   |
|         |                                      | 3    | 1-2 times / week        |
|         |                                      | 4    | 3-4 times / week        |
|         |                                      | 5    | 5 - 7 times / week      |
| Y23_ps5 | Last mth - Sleep unrefreshing        | 0    | Never                   |
|         |                                      | 1    | Don't know              |
|         |                                      | 2    | Rarely, < once / week   |
|         |                                      | 3    | 1-2 times / week        |
|         |                                      | 4    | 3-4 times / week        |
|         |                                      | 5    | 5 - 7 times / week      |



| Y23_ps6  | Last mth - sleep probs bother you            | 0    | Not at all   |
|----------|--|------|--------------|
|          |  | 1    | A little bit |
|          |  | 2    | Moderately   |
|          |  | 3    | Quite a bit  |
|          |  | 4    | Extremely    |
| Y23_ps7  | Last mth - sleep probs affected work         | 0    | Not at all   |
|          |  | 1    | A little bit |
|          |  | 2    | Moderately   |
|          |  | 3    | Quite a bit  |
|          |  | 4    | Extremely    |
| Y23_ps8  | Last mth - sleep probs affected social life  | .00  | Not at all   |
|          |  | 1.00 | A little bit |
|          |  | 2.00 | Moderately   |
|          |  | 3.00 | Quite a bit  |
|          |  | 4.00 | Extremely    |
| Y23_ps9  | Last mth - Sleep probs affected life         | .00  | Not at all   |
|          |  | 1.00 | A little bit |
|          |  | 2.00 | Moderately   |
|          |  | 3.00 | Quite a bit  |
|          |  | 4.00 | Extremely    |
| Y23_ps10 | Last mth - Sleep probs made you irritable    | .00  | Not at all   |
|          |  | 1.00 | A little bit |
|          |  | 2.00 | Moderately   |
|          |  | 3.00 | Quite a bit  |
|          |  | 4.00 | Extremely    |
| Y23_ps11 | Last mth - sleep probs trouble concentrating | .00  | Not at all   |
|          |  | 1.00 | A little bit |
|          |  | 2.00 | Moderately   |
|          |  | 3.00 | Quite a bit  |
|          |  | 4.00 | Extremely    |
| Y23_ps12 | Last mth - sleep probs make you fatigued     | .00  | Not at all   |
|          |  | 1.00 | A little bit |
|          |  | 2.00 | Moderately   |
|          |  | 3.00 | Quite a bit  |
|          |  | 4.00 | Extremely    |
| Y23_ps13 | Last mth - how sleepy during day             | .00  | Not at all   |
|          |  | 1.00 | A little bit |
|          |  | 2.00 | Moderately   |
|          |  | 3.00 | Quite a bit  |
|          |  | 4.00 | Extremely    |