

DO YOU TAKE NAPS? _____ HOW MANY? _____ WHAT TIME? _____ HOW LONG? _____

10. ON A WEEKEND WHAT TIME DO YOU USUALLY:
GO TO BED _____ AM/PM WAKE UP _____ AM/PM
DO YOU TAKE NAPS? _____ HOW MANY? _____ WHAT TIME? _____ HOW LONG? _____
11. DO YOU WATCH TV OR READ IN BED BEFORE GOING TO SLEEP? _____ HOW LONG? _____
12. DO YOU USE SLEEPING AIDS OR MEDICINE? _____
IF YES, PLEASE LIST _____ HOW OFTEN?
13. HOW LONG ARE YOU IN BED BEFORE DECIDING TO GO TO SLEEP?
____ HRS ____ MIN
14. HOW LONG DOES IT TAKE YOU TO FALL ASLEEP? _____ HRS _____ MINS
15. HOW LONG IS YOUR TYPICAL WAKE TIME? _____ HRS
16. HOW MANY TIMES DO YOU WAKE UP IN THE NIGHT? _____
17. HOW MANY TIMES DO YOU GET OUT OF BED AT NIGHT _____ FOR HOW LONG? _____

**FOR THE FOLLOWING QUESTIONS ANSWER USING THE FOLLOWING
SCALE**

**0=NOT AT ALL/NONE 1=SLIGHT/FEW TIMES
2= MODERATE/SOMETIMES 3=OFTEN 4=SEVERE/ALWAYS**

- HAVE THOUGHTS RACING THROUGH YOUR MIND
- FEEL SAD OR DEPRESSED
- HAVE ANXIETY, OR WORRY ABOUT THINGS
- FEEL MUSCULAR TENSION
- FEEL AFRAID TO GO TO SLEEP
- FEEL UNABLE TO MOVE OR PARALYZED
- NOTICE PARTS OF YOUR BODY STARTLE OR JERK
- EXPERIENCE RESTLESSNESS IN YOUR LEGS (CRAWLING, ACHING, UNABLE TO KEEP YOUR LEGS STILL)
- EXPERIENCE VIVID, DREAMLIKE SCENES OR HALLUCINATIONS EVEN THOUGH YOU ARE AWAKE
- EXPERIENCE PAIN OR DISCOMFORT
- SLEEP WITH SOMEONE ELSE IN YOUR ROOM
- SLEEP WITH SOMEONE ELSE IN YOUR BED
- SLEEP ON A SPECIAL SURFACE
- HAVE DISTURBED SLEEP
- DISTURB THE SLEEP OF YOUR BED PARTNER
- PROVIDE ASSISTANCE TO SOMEONE DURING THE NIGHT
- SWEAT EXCESSIVELY
- SLEEP WALK
- SLEEP TALK
- GRIND YOUR TEETH
- HAVE LEG TWITCHING IN YOUR SLEEP
- HAVE OTHER UNUSUAL MOVEMENTS IN YOUR SLEEP
- EAT DURING THE NIGHT AFTER YOU GO TO SLEEP
- STOMACH/ABDOMINAL CRAMPS
- LEG CRAMPS
- PARASTHESIA (PINS AND NEEDLES) IN YOUR ARMS AND LEGS
- ITCHING SENSATION
- FEEL SHORT OF BREATH IN A FLAT POSITION
- GAS IN YOUR STOMACH/INDIGESTION
- AWAKE WITH REGURGITATION OR BURNING IN YOUR THROAT
- AWAKE WITH HUNGER
- AWAKE WITH THIRST
- FEEL EXTREMELY ALERT AND ENERGETIC ALL DAY

HOW LONG DOES IT TAKE YOU TO "GET GOING" IN THE MORNING? _____ MINS