

The following questions are about your sleeping habits

If you work at night and sleep during the day, answer the following questions for your “day’s” sleep

1. How many hours, on the average, do you sleep at night? ____ hours

2. How often do you feel “rested” from your night’s sleep? (circle number)

- 0 = never
- 1 = almost never
- 2 = sometimes
- 3 = fairly often
- 4 = very often

3. How often do you have difficulty falling asleep at night? (circle number)

- 0 = never
- 1 = almost never
- 2 = sometimes
- 3 = fairly often
- 4 = very often

4. How often do you awaken earlier than your usual waking time? (circle number)

- 0 = never
- 1 = almost never
- 2 = sometimes
- 3 = fairly often
- 4 = very often