



1. The following five questions ask about your sleep habits. Please choose ONE of the answers for each of the following questions. Pick the answer that best describes how often you experienced the situation in the **LAST 4 WEEKS**.

	NO, not in the past 4 weeks	YES, less than once a week	YES, 1 or 2 times a week	YES, 3 or 4 times a week	YES, 5 or more times a week
a. Did you have trouble falling asleep? shq_trasleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Did you wake up several times at night? shq_wokeupsev	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Did you wake up earlier than you planned to? shq_wokeupearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Did you have trouble getting back to sleep after you woke up too early? shq_trbacktosleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Did you take sleeping pills to help you sleep? shq_trpills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Overall, was your typical night's sleep during the **LAST 4 WEEKS**:

- Very sound or restful [shq_tynightsleep](#)
- Sound or restful
- Average quality
- Restless
- Very restless