



**NATIONAL SLEEP FOUNDATION  
2011 SLEEP IN AMERICA POLL: SLEEP & TECHNOLOGY  
SCREENING QUESTIONNAIRE**

**DISPLAY NAME OF MARKET WITH PHONE NUMBER TO DIAL.**

**IF NAMED SAMPLE:** May I please speak with <INSERT NAME FROM SAMPLE>?

**IF NO NAME IN SAMPLE:** May I please speak with a head of household?

**INTERVIEWER NOTE:** If the respondent doesn't understand the term "head of household," you may explain that it is the man or woman of the house. You may also speak with any adult 13-64 even if they are not a head of the household.

Hello, my name is \_\_\_\_ with WB&A, a national public opinion company. I am calling on behalf of the National Sleep Foundation to conduct the annual Sleep in America poll, a survey about sleep among people in America. This is not a sales call; it is a national research study. Your responses will be kept strictly confidential. This call may be monitored or recorded for quality assurance purposes.

**(ONLY IF ASKED, READ:** This survey will take approximately 15 minutes of your time, depending on your responses.)

**OPTIONAL CUSTOMIZATION FOR TIER 3-4 INTERVIEWERS ONLY:**

<b><u>MUST SAY:</u></b>	<b><u>CAN SAY:</u></b>	<b><u>CAN'T SAY:</u></b>
<ul style="list-style-type: none"> <li>▪ Name</li> <li>▪ With WB&amp;A Market Research on behalf of the National Sleep Foundation</li> <li>▪ Conducting a survey/research study</li> <li>▪ Call may be monitored or recorded for quality assurance purposes</li> </ul>	<ul style="list-style-type: none"> <li>▪ <u>Client</u> – National Sleep Foundation</li> <li>▪ <u>Topic</u> – The annual Sleep in America poll, to learn about your sleep and how it affects your daily activities</li> <li>▪ <u>Got name/number</u> – Randomly generated phone numbers based on census regions across the United States</li> <li>▪ <u>Length</u> – 15 minutes, on average (depending on answers)</li> <li>▪ Not selling anything</li> </ul>	<ul style="list-style-type: none"> <li>▪ Background of why we're doing it (beyond "topic" mentioned in intro)</li> <li>▪ Theme of Poll</li> </ul>

***NOTE:** You can use any words you choose to make these points, but you must be appropriate and professional (as determined by monitoring supervisor)*

**READ:** First, I have just a few questions to make sure we speak to a variety of people all over the United States.

S1. What is your age? \_\_\_\_\_ **(998=REFUSED. IF 000-012, ASK TO SPEAK TO SOMEONE IN HOUSEHOLD BETWEEN 13 AND 64. IF 065-999, THANK AND TERMINATE.)**

S2. What has been your status over the past month? Were you primarily... **(READ LIST. ALLOW 01/02 COMBINATION. MAKE 03-99 UNIQUE.)**

- 01 Working,
- 02 Enrolled as a student,
- 03 Or are you not currently employed or enrolled as a student?
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

S3. **RECORD, DO NOT ASK:** Gender

- 01 Male
- 02 Female

S4. **RECORD FROM SAMPLE:** Region

- 01 Northeast (1) → **QUOTA (n=)**
- 02 Midwest (2) → **QUOTA (n=)**
- 03 South (3) → **QUOTA (n=)**
- 04 West (4) → **QUOTA (n=)**

**\*\*GO TO MAIN QUESTIONNAIRE\*\***

## 2011 SLEEP IN AMERICA POLL MAIN QUESTIONNAIRE

**ASK EVERYONE**

First, I'd like to ask you some general questions about your sleep. Throughout this survey, please think about your sleep schedule in the past two weeks. Keep in mind, there are no right or wrong answers.

1. Thinking about the past two weeks, at what time do you usually get up on **(IF STUDENT [S2(02)]: school days,)** workdays or weekdays? **(DO NOT READ LIST.)**

- |    |                     |    |                           |
|----|---------------------|----|---------------------------|
| 01 | 12:00 AM (Midnight) | 15 | 8:00 AM – 8:14 AM         |
| 02 | 12:01 AM – 4:59 AM  | 16 | 8:15 AM – 8:29 AM         |
| 03 | 5:00 AM – 5:14 AM   | 17 | 8:30 AM – 8:44 AM         |
| 04 | 5:15 AM – 5:29 AM   | 18 | 8:45 AM – 8:59 AM         |
| 05 | 5:30 AM – 5:44 AM   | 19 | 9:00 AM – 9:14 AM         |
| 06 | 5:45 AM – 5:59 AM   | 20 | 9:15 AM – 9:29 AM         |
| 07 | 6:00 AM – 6:14 AM   | 21 | 9:30 AM – 9:44 AM         |
| 08 | 6:15 AM – 6:29 AM   | 22 | 9:45 AM – 9:59 AM         |
| 09 | 6:30 AM – 6:44 AM   | 23 | 10:00 AM – 10:59 AM       |
| 10 | 6:45 AM – 6:59 AM   | 24 | 11:00 AM – 11:59 AM       |
| 11 | 7:00 AM – 7:14 AM   | 25 | 12:00 PM (Noon) – 5:59 PM |
| 12 | 7:15 AM – 7:29 AM   | 26 | 6:00 PM – 11:59 PM        |
| 13 | 7:30 AM – 7:44 AM   | 98 | Refused                   |
| 14 | 7:45 AM – 7:59 AM   | 99 | Don't know                |

2. At what time do you usually go to bed on **(IF STUDENT [S2(02)]: school nights,)** nights before workdays or weekdays? **(DO NOT READ LIST. INTERVIEWER NOTE: "NIGHT" DOES NOT HAVE TO BE PM HOURS.)**

- |    |                           |    |                     |
|----|---------------------------|----|---------------------|
| 01 | 12:00 AM (Midnight)       | 14 | 10:00 PM – 10:14 PM |
| 02 | 12:01 AM – 12:59 AM       | 15 | 10:15 PM – 10:29 PM |
| 03 | 1:00 AM – 1:59 AM         | 16 | 10:30 PM – 10:44 PM |
| 04 | 2:00 AM – 5:00 AM         | 17 | 10:45 PM – 10:59 PM |
| 05 | 5:01 AM – 8:59 AM         | 18 | 11:00 PM – 11:14 PM |
| 06 | 9:00 AM – 11:59 AM        | 19 | 11:15 PM – 11:29 PM |
| 07 | 12:00 PM (Noon) – 6:59 PM | 20 | 11:30 PM – 11:44 PM |
| 08 | 7:00 PM – 7:59 PM         | 21 | 11:45 PM – 11:59 PM |
| 09 | 8:00 PM – 8:59 PM         | 98 | Refused             |
| 10 | 9:00 PM – 9:14 PM         | 99 | Don't know          |
| 11 | 9:15 PM – 9:29 PM         |    |                     |
| 12 | 9:30 PM – 9:44 PM         |    |                     |
| 13 | 9:45 PM – 9:59 PM         |    |                     |

3. Thinking about your usual **(IF STUDENT [S2(02)]: non-school day,)** non-workday or weekend in the past two weeks, please answer the following questions. At what time do you usually get up on days you **(IF STUDENT [S2(02)]: do not go to school,)** do not work or weekends? **(DO NOT READ LIST.)**

01	12:00 AM (Midnight)	15	8:00 AM – 8:14 AM
02	12:01 AM – 4:59 AM	16	8:15 AM – 8:29 AM
03	5:00 AM – 5:14 AM	17	8:30 AM – 8:44 AM
04	5:15 AM – 5:29 AM	18	8:45 AM – 8:59 AM
05	5:30 AM – 5:44 AM	19	9:00 AM – 9:14 AM
06	5:45 AM – 5:59 AM	20	9:15 AM – 9:29 AM
07	6:00 AM – 6:14 AM	21	9:30 AM – 9:44 AM
08	6:15 AM – 6:29 AM	22	9:45 AM – 9:59 AM
09	6:30 AM – 6:44 AM	23	10:00 AM – 10:59 AM
10	6:45 AM – 6:59 AM	24	11:00 AM – 11:59 AM
11	7:00 AM – 7:14 AM	25	12:00 PM (Noon) – 5:59 PM
12	7:15 AM – 7:29 AM	26	6:00 PM – 11:59 PM
13	7:30 AM – 7:44 AM	98	Refused
14	7:45 AM – 7:59 AM	99	Don't know

4. At what time do you usually go to bed on nights you **(IF STUDENT [S2(02)]: do not go to school the next day,)** do not work the next day or weekends? **(DO NOT READ LIST. INTERVIEWER NOTE: "NIGHT" DOES NOT HAVE TO BE PM HOURS.)**

01	12:00 AM (Midnight)	13	9:45 PM – 9:59 PM
02	12:01 AM – 12:59 AM	14	10:00 PM – 10:14 PM
03	1:00 AM – 1:59 AM	15	10:15 PM – 10:29 PM
04	2:00 AM – 5:00 AM	16	10:30 PM – 10:44 PM
05	5:01 AM – 8:59 AM	17	10:45 PM – 10:59 PM
06	9:00 AM – 11:59 AM	18	11:00 PM – 11:14 PM
07	12:00 PM (Noon) – 6:59 PM	19	11:15 PM – 11:29 PM
08	7:00 PM – 7:59 PM	20	11:30 PM – 11:44 PM
09	8:00 PM – 8:59 PM	21	11:45 PM – 11:59 PM
10	9:00 PM – 9:14 PM	98	Refused
11	9:15 PM – 9:29 PM	99	Don't know
12	9:30 PM – 9:44 PM		

5. On **(IF STUDENT [S2(02)]: school nights,)** worknights or weeknights, how many hours, not including naps, do you usually sleep during one night? **(RECORD NUMBER OF HOURS AND MINUTES BELOW. DO NOT ACCEPT RANGES. 98=REFUSED; 99=DON'T KNOW. INTERVIEWER NOTE: RESPONDENT MIGHT NOT SLEEP AT "NIGHT," BUT HOW LONG IN A 24 HOUR PERIOD?)**

Hours: \_\_\_\_\_  
 Minutes: \_\_\_\_\_

6. On **(IF STUDENT [S2(02)]: non-school nights,)** nights you do not work or weekend nights, how many hours, not including naps, do you usually sleep during one night? **(RECORD NUMBER OF HOURS AND MINUTES BELOW. DO NOT ACCEPT RANGES. 98=REFUSED; 99=DON'T KNOW. INTERVIEWER NOTE: RESPONDENT MIGHT NOT SLEEP AT "NIGHT," BUT HOW LONG IN A 24 HOUR PERIOD?)**

Hours: \_\_\_\_\_  
 Minutes: \_\_\_\_\_

**IF STUDENT/WORK [S2(01-05)], ASK Q7.**

7. On most days, what time do you leave your home to go to (IF STUDENT [S2(02) AND NOT S2(01)]: school; IF WORK [S2(01)]: work)? (DO NOT ACCEPT RANGES. 98=REFUSED; 99=DON'T KNOW. INTERVIEWER NOTE: RESPONDENT MIGHT NOT SLEEP AT "NIGHT," BUT HOW LONG IN A 24 HOUR PERIOD?)

\_\_\_:\_\_\_ HOUR:MINUTE

**ASK EVERYONE:**

8. Thinking about the past two weeks, how many naps did you take on (IF STUDENT [S2(02)]: school days.) workdays or weekdays? Would you say...(READ LIST.)

- 01 Zero, → **SKIP TO Q10**
- 02 1 to 2 naps,
- 03 3 to 5 naps,
- 04 6 to 10 naps, or  → **CONTINUE**
- 05 More than 10 naps?
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know  → **SKIP TO Q10**

**IF TOOK NAPS [Q8(02-05)], ASK Q9.**

9. On average, how many minutes would you say you usually nap on (IF STUDENT [S2(02)]: school days.) workdays or weekdays? Would you say...(READ LIST.)

- 01 Less than 15 minutes,
- 02 15 up to 30 minutes,
- 03 30 up to 45 minutes,
- 04 45 minutes up to 1 hour, or
- 05 1 hour or more?
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

**ASK EVERYONE:**

10. Thinking about the past two weeks, how many naps did you take on (IF STUDENT [S2(02)]: non-school days.) days off or weekends? Would you say...(READ LIST.)

- 01 Never, → **SKIP TO Q12**
- 02 1 to 2 naps,
- 03 3 to 5 naps,
- 04 6 to 10 naps, or  → **CONTINUE**
- 05 More than 10 naps?
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know  → **SKIP TO Q12**

**IF TOOK NAPS [Q10(02-05)], ASK Q11.**

11. On average, how many minutes would you say you usually nap on **(IF STUDENT [S2(02)]: non-school days.)** days off or weekends? Would you say... **(READ LIST.)**
- 01 Less than 15 minutes,
  - 02 15 up to 30 minutes,
  - 03 30 up to 45 minutes,
  - 04 45 minutes up to 1 hour, or
  - 05 1 hour or more?
  - 98 **DO NOT READ:** Refused
  - 99 **DO NOT READ:** Don't know

**ASK EVERYONE:**

12. On how many **(IF STUDENT [S2(02)]: school nights.)** worknights or weeknights would you say "I had a good night's sleep"? Would you say... **(READ LIST.)**
- 04 Every night,
  - 03 Almost every night,
  - 02 Rarely, or
  - 01 Never?
  - 98 **DO NOT READ:** Refused
  - 99 **DO NOT READ:** Don't know
13. On how many **(IF STUDENT [S2(02)]: non-school nights.)** nights you do not work or on weekend nights would you say "I had a good night's sleep"? Would you say... **(READ LIST.)**
- 04 Every night,
  - 03 Almost every night,
  - 02 Rarely, or
  - 01 Never?
  - 98 **DO NOT READ:** Refused
  - 99 **DO NOT READ:** Don't know
14. Thinking about the last two weeks, how many 12 ounce servings of caffeinated beverages, such as soda, soft drinks, coffee, tea, and energy drinks do you drink on an average **(IF STUDENT [S2(02)]: school day,) weekday or workday ... (READ LIST. RECORD NUMBER FOR EACH BELOW. DO NOT ACCEPT RANGES. 98=REFUSED; 99=DON'T KNOW; 00=NONE; 97=LESS THAN ONE.)**

	# Caffeinated Beverages
a. Between 5:00 AM and noon?	
b. Between noon and 5:00 PM?	
c. Between 5:00 PM and 5:00 AM the next morning?	

15. In recent times, how likely are you to doze off or fall asleep while doing the following activities, in contrast to just feeling tired? **(INSERT)**

**READ FIRST TIME THEN ONLY AS NEEDED:** Would you say you have no chance of dozing, a slight chance of dozing, a moderate chance of dozing, or a high chance of dozing? **(ASK IN ORDER. PROGRAMMING NOTE: IF 98/99 TO ANY, SKIP IMMEDIATELY TO Q16.)**

		No chance	Slight chance	Moderate chance	High chance	Refused	Don't know
a.	Sitting and reading	00	01	02	03	98	99
b.	Watching TV	00	01	02	03	98	99
c.	Sitting inactive in a public place such as a theater or meeting <b>(IF STUDENT [S2(02)]: or classroom)</b>	00	01	02	03	98	99
d.	In a car, while stopped for a few minutes in the traffic	00	01	02	03	98	99
e.	As a passenger in a car for an hour without a break	00	01	02	03	98	99
f.	Sitting and talking to someone	00	01	02	03	98	99
g.	Sitting quietly after a lunch without alcohol	00	01	02	03	98	99
h.	Lying down to rest in the afternoon when circumstances permit	00	01	02	03	98	99

16. Thinking about the past two weeks, on average how many hours of sleep do you need to function at your best the next day? **(DO NOT READ LIST.)**

01	Less than 5 hours	07	10 to less than 11 hours
02	5 to less than 6 hours	08	11 to less than 12 hours
03	6 to less than 7 hours	09	12 hours or more
04	7 to less than 8 hours	98	Refused
05	8 to less than 9 hours	99	Don't know
06	9 to less than 10 hours		

17. Thinking about the past two weeks, does your current **(IF STUDENT [S2(02)]: school schedule,)** work schedule or typical weekday routine, including your duties at home, allow you to get adequate sleep?

01	Yes	→	<b>SKIP TO Q19</b>
02	No	→	<b>CONTINUE</b>
98	Refused	→	<b>SKIP TO Q19</b>
99	Don't know	→	<b>SKIP TO Q19</b>

**IF DO NOT GET ADEQUATE SLEEP [Q17(02)], ASK Q18.**

18. On a typical day, how much of an impact has “not getting adequate sleep” had on your **(INSERT)**?

**READ FIRST TIME THEN ONLY AS NEEDED:** Would you say it has had a major impact, some impact or no impact? **(RANDOMIZE.)**

	Major impact	Some impact	No impact	Not applicable	Refused	Don't know
a. <b>IF WORK [S2(01)]:</b> work	03	02	01		98	99
b. <b>IF STUDENT [S2(02)]:</b> school work	03	02	01		98	99
c. social life or leisure activities	03	02	01	96	98	99
d. family life or home responsibilities	03	02	01	96	98	99
e. mood	03	02	01	96	98	99
f. <b>IF AT LEAST 21 YEARS OLD [S1(21-64)]:</b> intimate or sexual relations	03	02	01	96	98	99

**ASK EVERYONE:**

19. Thinking about the past two weeks, on a typical night, which of the following are in your bedroom and you used in the hour before trying to go to sleep? **[INSERT] (READ LIST. RANDOMIZE.)**

	Yes	No	Refused	Don't know
a. Television	01	02	98	99
b. Computer or laptop	01	02	98	99
c. Cell phone	01	02	98	99
d. Telephone	01	02	98	99
e. Video game console, such as Wii, PS3, Xbox	01	02	98	99
f. Electronic music devices, such as a radio or Mp3 player or iPod	01	02	98	99
g. E-book reader	01	02	98	99
h. Printed book or magazine	01	02	98	99



20. How often would you say that you **[INSERT]** in the hour before trying to go to sleep? **(RANDOMIZE.)**

**READ FIRST TIME THEN ONLY AS NEEDED:** Would you say every night or almost every night, a few nights a week, rarely or never?

	Every night or almost every night	A few nights a week	Rarely	Never	Refused	Don't know
a. Watched TV	04	03	02	01	98	99
b. Talked on the phone	04	03	02	01	98	99
c. Sent, read or received text messages	04	03	02	01	98	99
d. Played a video game or computer game	04	03	02	01	98	99
e. Surfing the Internet	04	03	02	01	98	99
f. Used a social networking site like Facebook, MySpace or Twitter	04	03	02	01	98	99
g. Sent or received personal emails	04	03	02	01	98	99
h. Sent or received work-related emails	04	03	02	01	98	99
i. Read an e-book reader	04	03	02	01	98	99
j. Read a printed book or magazine	04	03	02	01	98	99
k. Listened to music <u>specifically</u> on an mp3 player or iPod	04	03	02	01	98	99
l. Watched a video on your computer, laptop, phone or other device that is not a TV	04	03	02	01	98	99
m. <b>IF WORK [S2(01)]:</b> Did work on the computer	04	03	02	01	98	99
n. <b>IF STUDENT [S2(02)]:</b> Did homework on the computer	04	03	02	01	98	99

**IF WATCH TV OR VIDEOS [Q20a(03-04) OR Q20l(03-04)], ASK Q21-Q22.**

21. On a typical day, what type of programs do you most often watch in the hour before trying to go to sleep? Would you say...**(READ LIST. ACCEPT ONE RESPONSE ONLY.)**

- 01 Comedy,
- 02 Drama,
- 03 Education or documentary,
- 04 News,
- 05 Reality,
- 06 Sports,
- 95 Or something else? **(SPECIFY:)** \_\_\_\_\_
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

22. On a typical day, where do you most often watch these programs in the hour before trying to go to sleep? Is it in the bedroom, the living room or family room, or somewhere else? **(ACCEPT ONE RESPONSE ONLY.)**

- 01 Bedroom
- 02 Living room or family room
- 95 Somewhere else
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

**ASK EVERYONE.**

23. In the past two weeks, how often would you say that you use the following functions on your cell phone or handheld device in the hour before trying to go to sleep? **[INSERT] (RANDOMIZE.)**

**READ FIRST TIME THEN ONLY AS NEEDED:** Would you say every night or almost every night, a few nights a week, rarely or never?

	Every night or almost every night	A few nights a week	Rarely	Never	Refused	Don't know
a. Talk on the phone	04	03	02	01	98	99
b. Send, read or receive text messages	04	03	02	01	98	99
c. Send or receive personal emails	04	03	02	01	98	99
d. Send or receive work-related emails	04	03	02	01	98	99
e. Surf the Internet	04	03	02	01	98	99
f. Play games	04	03	02	01	98	99
g. Listen to music	04	03	02	01	98	99
h. Watch video	04	03	02	01	98	99
i. Use the phone's alarm clock	04	03	02	01	98	99

**IF USE CELL PHONE IN THE BEDROOM IN THE HOUR BEFORE TRYING TO GO TO SLEEP [Q19c(01)], ASK Q24-Q25.**

24. What do you usually do with your cell phone when you are ready to go to sleep? Do you...**(READ LIST. ACCEPT ONE RESPONSE ONLY.)**

- 01 Turn the phone off,  
 02 Put the ringer on silent or vibrate,  
 03 Or do you leave the ringer on?  
 98 **DO NOT READ:** Refused  
 99 **DO NOT READ:** Don't know

25. In the past two weeks, how often have you had phone calls, text messages or emails that wake you after trying to go to sleep? Would you say...**(READ LIST.)**

- 04 Every night or almost every night,  
 03 A few nights a week,  
 02 Rarely,  
 01 Or never?  
 98 Refused  
 99 Don't know

**ASK EVERYONE.**

26. How often do you sleep with any light on in your bedroom? Would you say...**(READ LIST.)**

- 04 Every night or almost every night,  
 03 A few nights a week,  
 02 Rarely,  
 01 Or never?  
 98 **DO NOT READ:** Refused  
 99 **DO NOT READ:** Don't know

**IF DO NOT USE A COMPUTER OR LAPTOP IN THE BEDROOM IN THE HOUR BEFORE TRYING TO SLEEP [Q19b(02-99)], ASK Q27.**

27. Thinking about the past two weeks, how often do you use a computer or laptop in the hour before trying to go to sleep? Would you say...**(READ LIST.)**

04 Every night or almost every night,

03 A few nights a week,

02 Rarely,

01 Or never?

98 **DO NOT READ:** Refused

99 **DO NOT READ:** Don't know

→ **CONTINUE**

→ **SKIP TO Q29**

**IF REGULARLY USE A COMPUTER OR LAPTOP IN THE HOUR BEFORE TRYING TO SLEEP [Q19b(01) OR Q27(03-04)], ASK Q28.**

28. How often would you say that you use or do the following functions on your laptop or computer in the hour before trying to go to sleep? **[INSERT] (RANDOMIZE.)**

**READ FIRST TIME THEN ONLY AS NEEDED:** Would you say every night or almost every night, a few nights a week, rarely or never?

	<b>Every night or almost every night</b>	<b>A few nights a week</b>	<b>Rarely</b>	<b>Never</b>	<b>Refused</b>	<b>Don't know</b>
a. Get on the Internet	04	03	02	01	98	99
b. Instant message or Skype	04	03	02	01	98	99
c. Send or receive email	04	03	02	01	98	99
d. Watch video	04	03	02	01	98	99
e. Listen to music	04	03	02	01	98	99
f. Use a word-processing or spreadsheet software, such as Word or Excel	04	03	02	01	98	99

**IF PLAYED A VIDEO GAME OR COMPUTER GAME IN THE HOUR BEFORE TRYING TO SLEEP [Q20d(03-04)], ASK Q29-Q30.**

29. In the past two weeks, what type of video or computer games did you play most often within the hour before trying to go to sleep? Would you say...**(READ LIST. ACCEPT ONE RESPONSE ONLY.)**

01 Online gaming,

02 Computer- or console-based games that you do not connect online,

03 Handheld games such as on a Gameboy or Nintendo DS,

04 Fitness games such as Wii games and Guitar Hero, or

95 Some other type of games?

98 **DO NOT READ:** Refused

99 **DO NOT READ:** Don't know

30. How often do you play video or computer games that contain [INSERT] within the hour before trying to go to sleep? [INSERT] (RANDOMIZE.)

**READ FIRST TIME THEN ONLY AS NEEDED:** Would you say every night or almost every night, a few nights a week, rarely or never?

	Every night or almost every night	A few nights a week	Rarely	Never	Refused	Don't know
a. Violence	04	03	02	01	98	99
b. Minimal blood	04	03	02	01	98	99
c. Sexual content	04	03	02	01	98	99
d. Crude humor	04	03	02	01	98	99
e. Gambling	04	03	02	01	98	99

**ASK EVERYONE:**

31. Thinking about the past two weeks, how many minutes, on most (IF STUDENT [S2(02)]: school nights.) worknights or weeknights, does it take you to fall asleep? Would you say...(READ LIST.)

- 01 Less than 5 minutes,
- 02 5 up to 10 minutes,
- 03 10 up to 15 minutes,
- 04 15 up to 30 minutes,
- 05 30 up to 45 minutes,
- 06 45 minutes up to 1 hour, or
- 07 1 hour or more?
- 96 **DO NOT READ:** Depends/Varies
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know/Not sure

32. How many minutes, on most (IF STUDENT [S2(02)]: non-school nights.) nights you do not work or on weekend nights, does it take you to fall asleep? Would you say...(READ LIST.)

- 01 Less than 5 minutes,
- 02 5 up to 10 minutes,
- 03 10 up to 15 minutes,
- 04 15 up to 30 minutes,
- 05 30 up to 45 minutes,
- 06 45 minutes up to 1 hour, or
- 07 1 hour or more?
- 96 **DO NOT READ:** Depends/Varies
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know/Not sure

**ASK EVERYONE:**

33. In the past two weeks, would you say you **[INSERT]** every night or almost every night, a few nights a week, rarely or never? **(RANDOMIZE. PROGRAMMING NOTE: ASK ITEMS B AND C LAST.)**

	Every night or almost every night	A few nights a week	Rarely	Never	Refused	Don't know
a. Had difficulty falling asleep	04	03	02	01	98	99
b. Woke up during the night	04	03	02	01	98	99
c. Woke up too early and could not get back to sleep	04	03	02	01	98	99
d. Woke up feeling un-refreshed	04	03	02	01	98	99
e. Snored	04	03	02	01	98	99

**IF REGULARLY WOKE UP DURING THE NIGHT OR WOKE TOO EARLY [Q33b(03-04) OR Q33c(03-04)], ASK Q34-Q35.**

34. Approximately how many minutes, on average, were you awake when you woke up during the night or woke up too early? **(DO NOT ACCEPT RANGES. RECORD BELOW. 998=REFUSED, 999=DON'T KNOW.)**

Minutes: \_\_\_\_\_

35. In the past two weeks, when you woke up during the night or woke too early, did you do any of the following? **[INSERT] (RANDOMIZE.)**

	Yes	No	Refused	Don't know
a. Watch TV	01	02	98	99
b. Talk on the phone	01	02	98	99
c. Send, read or receive text messages	01	02	98	99
d. Play a video game or computer game	01	02	98	99
e. Surf the Internet	01	02	98	99
f. Use a social networking site like Facebook, MySpace or Twitter	01	02	98	99
g. Write or read personal emails	01	02	98	99
h. Write or read work-related emails	01	02	98	99
i. Read an e-book reader	01	02	98	99
j. Read a printed book or magazine	01	02	98	99
k. Listen to music <u>specifically</u> on an mp3 player or iPod	01	02	98	99
l. Watch a video on your computer, laptop, phone or other device that is not a TV	01	02	98	99
m. <b>IF WORK [S2(01)]:</b> Do work on the computer	01	02	98	99
n. <b>IF STUDENT [S2(02)]:</b> Do homework on the computer	01	02	98	99

**ASK EVERYONE.**

36. Now for just this question, please think about the past month. Thinking of the past month, how many times have you driven a car or motor vehicle while feeling drowsy? Would you say you have driven drowsy...**(READ LIST.)**

- 04 3 or more times a week,
- 03 1 to 2 times a week,
- 02 1 to 2 times a month,
- 02 Less than once a month, or
- 01 You have not driven drowsy in the past month?
  
- 96 **DO NOT READ:** Don't drive/Don't have a license
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

**READ:** These last questions are for classification purposes only and will also be kept strictly confidential.

**IF AT LEAST 21 YEARS OLD [S1(21-64)], ASK D1.**

D1. What is your marital status? Are you...**(READ LIST. ACCEPT ONE RESPONSE ONLY.)**

- 01 Married or partnered,
- 02 Single,
- 03 Living with someone,
- 04 Divorced,
- 05 Separated, or
- 06 Widowed?
- 98 **DO NOT READ:** Refused

**ASK EVERYONE.**

D2. Do you consider yourself to be Hispanic or Latino?

- 01 Yes → **CONTINUE AS HISPANIC (QUOTA =)**
- 02 No → **CONTINUE**
- 98 Refused → **CONTINUE**
- 99 Don't know → **CONTINUE**

D3. Would you consider yourself to be White/Caucasian, Black/African-American, Asian or of some other racial or ethnic background? **(DO NOT READ LIST. MULTIPLE RESPONSES ACCEPTED.)**

- 01 White/Caucasian
- 02 Black/African-American
- 03 Asian
- 04 Alaska Native
- 05 American Indian
- 06 Native Hawaiian
- 07 Other Pacific Islander
- 08 Hispanic/Latino
- 95 Other **(SPECIFY:)** \_\_\_\_\_
- 98 Refused
- 99 Don't know

D4. Prior to today's call, have you ever heard of the National Sleep Foundation?

- 01 Yes
- 02 No
- 98 Refused
- 99 Don't know

**CLOSE**

Those are all the questions I have. On behalf of the National Sleep Foundation, we would like to thank you very much for your time and opinions. For quality control purposes, you may receive a follow-up phone call from my supervisor to verify that I have completed this interview. Can I please have your name or initials so they know who to ask for if they call back?

You may want to look for the poll results during the second week in March. You can go to the National Sleep Foundation's Web site to see how your answers compare to others at [www.sleepfoundation.org](http://www.sleepfoundation.org).

**IF RESPONDENT ASKS FOR MORE INFORMATION ON THE NATIONAL SLEEP FOUNDATION, SAY:**

For more information on the National Sleep Foundation, you can visit their Web site at [www.sleepfoundation.org](http://www.sleepfoundation.org).

**RECORD NAME AND CONFIRM PHONE NUMBER FOR SUPERVISOR VERIFICATION.**

Thank you, and have a good day/evening.