

Sleep Timing Questionnaire with Siesta (STQ-S)

Name _____ ID# _____

Date _____

This questionnaire asks about when you normally sleep. We are interested in getting as accurate a picture as we can of the times when you normally go to bed and get up. Please think carefully before giving your answers and be as accurate and as specific as you can be. **Please answer in terms of a recent "normal average week," not one in which you traveled, vacationed or had family crises. Thanks.**

Please think of GOOD NIGHT TIME as the time at which you are finally in bed and trying to fall asleep at night.

On the night before a work day or school day,
what is your **earliest** GOOD NIGHT TIME ? _____:_____ pm/am

On the night before a work day or school day,
what is your **latest** GOOD NIGHT TIME ? _____:_____ pm/am

On the night before a work day or school day,
what is your **usual** GOOD NIGHT TIME ? _____:_____ pm/am

How stable (i.e., similar each night) are your GOOD NIGHT TIMES
before a work day or school day? (*circle one*)

0-15mins. 16-30mins. 31-45mins. 46-60mins. 61-75mins. 76-90mins.
91-105mins 106-120mins. 2-3hours 3-4hours over 4hours

On a night before a day off (e.g. a weekend),
what is your **earliest** GOOD NIGHT TIME ? _____:_____ pm/am

On a night before a day off (e.g. a weekend),
what is your **latest** GOOD NIGHT TIME ? _____:_____ pm/am

On a night before a day off (e.g. a weekend),
what is your **usual** GOOD NIGHT TIME ? _____:_____ pm/am

How stable (i.e., similar each night) are your GOOD NIGHT TIMES on a night before a day off
(e.g. a weekend)? (*circle one*)

0-15mins. 16-30mins. 31-45mins. 46-60mins. 61-75mins. 76-90mins.
91-105mins 106-120mins. 2-3hours 3-4hours over 4hours

Please think of GOOD MORNING TIME as the time at which you finally get out of bed and start your day in the morning.

Before a work day or school day,
 what is your **earliest** GOOD MORNING TIME ? _____:_____ am/pm

Before a work day or school day,
 what is your **latest** GOOD MORNING TIME ? _____:_____ am/pm

Before a work day or school day,
 what is your **usual** GOOD MORNING TIME ? _____:_____ am/pm

How stable (i.e., similar each night) are your GOOD MORNING TIMES
 before a work day or school day? (*circle one*)

0-15mins. 16-30mins. 31-45mins. 46-60mins. 61-75mins. 76-90mins.
 91-105mins 106-120mins. 2-3hours 3-4hours over 4hours

Before a day off (e.g. a weekend),
 what is your **earliest** GOOD MORNING TIME ? _____:_____ am/pm

Before a day off (e.g. a weekend),
 what is your **latest** GOOD MORNING TIME ? _____:_____ am/pm

Before a day off (e.g. a weekend),
 what is your **usual** GOOD MORNING TIME ? _____:_____ am/pm

How stable (i.e., similar each night) are your GOOD MORNING TIMES
 on a night before a day off (e.g. a weekend)? (*circle one*)

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 91-105mins 106-120mins. 2-3hours 3-4hours over 4hours

These questions are about how much sleep you lose to unwanted wakefulness:

On most nights, how long, on average does it take you
 to fall asleep after you start trying? _____minutes

On most nights, how much sleep do you lose, on average, from waking up
 during the night (e.g. to go to the bathroom)? _____minutes

These questions are about afternoon siesta naps:

On how many days per week do you take an afternoon siesta nap? _____

What is the clock time at which your siesta naps typically start? _____:_____ pm

What is the clock time at which they typically end? _____:_____ pm

How many minutes of sleep do you typically get per siesta nap? _____

Thank you.