

## Wave IV Section 7: Sleep Patterns

Number of observations: 15,701

**Now I'm going to ask you about your sleep patterns.**

<b>H4SP1H</b>		Num	1H. On the days you go to work, school or similar activities, what time do you usually wake up? [Hour]
Frequency	Percent	Value	Label
114	0.7%	1	1
166	1.1%	2	2
263	1.7%	3	3
960	6.1%	4	4
3059	19.5%	5	5
4941	31.5%	6	6
3300	21.0%	7	7
1318	8.4%	8	8
718	4.6%	9	9
398	2.5%	10	10
238	1.5%	11	11
183	1.2%	12	12
4	0.0%	96	refused
39	0.2%	98	don't know

<b>H4SP1M</b>		Num	1M. On the days you go to work, school or similar activities, what time do you usually wake up? [Minute] NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label
8687	55.3%	0	0
18	0.1%	1	1

1	0.0%	2	2
97	0.6%	3	3
3	0.0%	4	4
6830	43.5%	5-50	NOTE: Range of values omitted from display
1	0.0%	54	54
18	0.1%	55	55
2	0.0%	59	59
4	0.0%	96	refused
40	0.3%	98	don't know

**(On the AM/PM screen display: 12 MIDNIGHT IS AM. 12 NOON IS PM.)\***

<b>H4SP1T</b>		Num	1T. On the days you go to work, school or similar activities, what time do you usually wake up? [am/pm]
Frequency	Percent	Value	Label
14864	94.7%	1	am
797	5.1%	2	pm
4	0.0%	6	refused
36	0.2%	8	don't know

<b>H4SP2H</b>		Num	2H. On those days, what time do you usually go to sleep the night or day before? [Hour]
Frequency	Percent	Value	Label
1049	6.7%	1	1
636	4.1%	2	2
359	2.3%	3	3
173	1.1%	4	4
86	0.5%	5	5
83	0.5%	6	6
121	0.8%	7	7

383	2.4%	8	8
1606	10.2%	9	9
4389	28.0%	10	10
4209	26.8%	11	11
2563	16.3%	12	12
4	0.0%	96	refused
40	0.3%	98	don't know

<b>H4SP2M</b>		Num	2M. On those days, what time do you usually go to sleep the night or day before? [Minute] NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label
11300	72.0%	0	0
35	0.2%	1	1
3	0.0%	2	2
78	0.5%	3	3
3	0.0%	5	5
4133	26.3%	9-43	NOTE: Range of values omitted from display
102	0.6%	45	45
2	0.0%	50	50
1	0.0%	59	59
4	0.0%	96	refused
40	0.3%	98	don't know

**(On the AM/PM screen display: 12 MIDNIGHT IS AM. 12 NOON IS PM.)\***

<b>H4SP2T</b>		Num	2T. On those days, what time do you usually go to sleep the night or day before? [am/pm]
Frequency	Percent	Value	Label
5145	32.8%	1	am

10513	67.0%	2	pm
4	0.0%	6	refused
39	0.2%	8	don't know

<b>H4SP3H</b>		Num	3H. On the days that you don't have to get up at a certain time, what time do you usually wake up? [Hour]
Frequency	Percent	Value	Label
208	1.3%	1	1
130	0.8%	2	2
89	0.6%	3	3
104	0.7%	4	4
367	2.3%	5	5
1338	8.5%	6	6
3134	20.0%	7	7
3550	22.6%	8	8
2990	19.0%	9	9
2067	13.2%	10	10
978	6.2%	11	11
718	4.6%	12	12
4	0.0%	96	refused
24	0.2%	98	don't know

<b>H4SP3M</b>		Num	3M. On the days that you don't have to get up at a certain time, what time do you usually wake up? [Minute] NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label
11613	74.0%	0	0
30	0.2%	1	1
2	0.0%	2	2

76	0.5%	3	3
1	0.0%	7	7
3943	25.1%	8-48	NOTE: Range of values omitted from display
4	0.0%	50	50
3	0.0%	55	55
1	0.0%	59	59
4	0.0%	96	refused
24	0.2%	98	don't know

**(On the AM/PM screen display: 12 MIDNIGHT IS AM. 12 NOON IS PM.)\***

<b>H4SP3T</b>		Num	3T. On the days that you don't have to get up at a certain time, what time do you usually wake up? [am/pm]
Frequency	Percent	Value	Label
14317	91.2%	1	am
1357	8.6%	2	pm
4	0.0%	6	refused
23	0.1%	8	don't know

<b>H4SP4H</b>		Num	4H. On those days, what time do you usually go to sleep the night or day before? [Hour]
Frequency	Percent	Value	Label
2176	13.9%	1	1
1752	11.2%	2	2
893	5.7%	3	3
340	2.2%	4	4
133	0.8%	5	5
71	0.5%	6	6
42	0.3%	7	7
132	0.8%	8	8

502	3.2%	9	9
2020	12.9%	10	10
3591	22.9%	11	11
4021	25.6%	12	12
2	0.0%	96	refused
26	0.2%	98	don't know

<b>H4SP4M</b>		Num	4M. On those days, what time do you usually go to sleep the night or day before? [Minute] NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label
12816	81.6%	0	0
40	0.3%	1	1
2	0.0%	2	2
49	0.3%	3	3
1	0.0%	5	5
2719	17.3%	9-40	NOTE: Range of values omitted from display
43	0.3%	45	45
1	0.0%	55	55
2	0.0%	59	59
2	0.0%	96	refused
26	0.2%	98	don't know

**(On the AM/PM screen display: 12 MIDNIGHT IS AM. 12 NOON IS PM.)\***

<b>H4SP4T</b>		Num	4T. On those days, what time do you usually go to sleep the night or day before? [am/pm]
Frequency	Percent	Value	Label
9081	57.8%	1	am
6592	42.0%	2	pm

2	0.0%	6	refused
26	0.2%	8	don't know

**Over the past four weeks:**

<b>H4SP5</b>		Num	5. How often did you have trouble falling asleep?
Frequency	Percent	Value	Label
7352	46.8%	0	never in the past four weeks
2925	18.6%	1	less than once a week
2773	17.7%	2	1 or 2 times a week
1258	8.0%	3	3 or 4 times a week
1197	7.6%	4	5 or more times a week
193	1.2%	5	not asked on pretest
3	0.0%	8	don't know

<b>H4SP6</b>		Num	6. How often did you have trouble staying asleep throughout the night? For example, you woke up several times at night or woke up earlier than you planned to?
Frequency	Percent	Value	Label
6769	43.1%	0	never in the past four weeks
2739	17.4%	1	less than once a week
2690	17.1%	2	1 or 2 times a week
1517	9.7%	3	3 or 4 times a week
1789	11.4%	4	5 or more times a week
193	1.2%	5	not asked on pretest
1	0.0%	6	refused
3	0.0%	8	don't know

<b>H4SP7</b>		Num	7. Based on what you have noticed or what others have told you, are there times when you snore or you stop breathing during your sleep?
Frequency	Percent	Value	Label

7950	50.6%	0	no
7515	47.9%	1	yes
193	1.2%	5	not asked on pretest
43	0.3%	8	don't know

**\*H4SP1T, H4SP2T, H4SP3T, H4SP4T**

The paired data on sleep/wake times on workdays versus days off varies. Some of the variance could be due to confusion among respondents that 12 midnight is AM and 12 noon is PM. The note "12 MIDNIGHT IS AM. 12 NOON IS PM." was added to the AM/PM screen displays for the main study questionnaire, but was absent in the pretest.