

DATASET	VARIABLE	DESCRIPTION	DATA TYPE	VALUE CODES
Sleep_night1	sid	Unique Subject Identifier	character	
Sleep_night1	b1month	Month of administration	numeric	1:January; 2:February; 3:March; 4:April; 5:May; 6:June; 7:July; 8:August; 9:September; 10:October; 11:November; 12:December; 96:Not Applicable; 97/997 :Refused; 98/998:Don't know; 99/999:Missing
Sleep_night1	b1day	Day of administration	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1year	Year of administration	numeric	-1: don't know; -2: refused; 9996: not applicable; 9997: refused; 9998: don't know; 9999: missing
Sleep_night1	b1night	Night of administration	numeric	
Sleep_night1	b1wakehr	Hour wake today	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1wakemn	Minute wake today	character	
Sleep_night1	b1wakeup	A.M. or P.M. wake today	numeric	1: am; 2: pm; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1odd	Today been unusual in any way	numeric	1: yes; 2: no; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1oddhow	If yes, explain how	character	
Sleep_night1	b1coffee	Cups of coffee consumed today	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1choco	Cups of chocolate drink consumed today	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1decaf	Cups of decaf coffee consumed today	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1alc	Cups of alcohol consumed today	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1tea	Cups of tea consumed	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1cola	Cups of cola consumed	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1cafhr	Hour last caffeinated beverage	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1cafmn	Minute last caffeinated beverage	character	
Sleep_night1	b1cafap	A.M. or P.M. last caffeinated beverage	numeric	1: am; 2: pm; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1alchr	Hour last alcoholic beverage	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1alcmn	Minute last alcoholic beverage	character	
Sleep_night1	b1alcap	A.M. or P.M. last alcoholic beverage	numeric	1: am; 2: pm; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pstead	Experiencing unsteadiness before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pfaint	Experiencing faintness before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pbreth	Experiencing breathing diff before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing

Sleep_night1	b1pchill	Experiencing chills before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pheart	Experiencing heart palp before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pnasal	Experiencing nasal stuff before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pnoise	Experiencing noise in ears before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pvis	Experiencing visual disturb before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pirrit	Experiencing irritability before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1psad	Experiencing sadness before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1ptense	Experiencing tension before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1penerg	Energetic before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1phappy	Experiencing happiness before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1phead	Pain in head before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pneck	Pain in neck before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pshoul	Pain in shoulders before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1puplim	Pain in upper limbs before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pchest	Pain in chest before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1pupbk	Pain in upper back before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1plowbk	Pain in lower back before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing

Sleep_night1	b1pabdo	Pain in abdomen before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1hips	Pain in hips before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1plowlm	Pain in lower limbs before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1mins	Minutes to fall asleep	numeric	997: refused; 998: don't know; 999: missing
Sleep_night1	b1hours	Hours of sleep think got last night	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1hrmin	Minutes of sleep think got last night	numeric	97: refused; 98: don't know; 99: missing
Sleep_night1	b1rtslep	Rate sleep last night	numeric	997: refused; 998: don't know; 999: missing
Sleep_night1	b1differ	How differ from usual nights sleep	character	
Sleep_night1	b1coment	Any comments or suggestions	character	
Sleep_night1	b1astead	Experiencing unsteadiness after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1afaint	Experiencing faintness after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1abreth	Experiencing breathing diff after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1achill	Experiencing chills after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1aheart	Experiencing heart palp after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1anasal	Experiencing nasal stuff after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1anoise	Experiencing noise in ears after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1avis	Experiencing visual disturb after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1airrit	Experiencing irritability after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1asad	Experiencing sadness after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1atense	Experiencing tension after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing

Sleep_night1	b1aenerg	Energetic after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1ahappy	Experiencing happiness after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1ahead	Pain in head after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1aneck	Pain in neck after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1ashoul	Pain in shoulders after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1auplim	Pain in upper limbs after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1achest	Pain in chest after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1aupbk	Pain in upper back after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1alowbk	Pain in lower back after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1aabdo	Pain in abdomen after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1ahips	Pain in hips after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night1	b1alowlm	Pain in lower limbs after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing

Sleep_night1	b1energy	Present state of energy or fatigue	numeric	1: full of energy, enough to tackle my usual physical activities; 2: energy level is quite high but not at its peak; most physical activities would pose no problem; 3: energy level is such that one would prefer to be doing light work or sedentary tasks at this point; 4: energy level is adequate for only routine activities at a leisurely pace; 5: energy level is such that it would be preferable to rest before doing any routine activity; 6: energy level is quite low, would strongly prefer to rest rather than doing anything else; 7: totally physically exhausted, unable to undertake the least activity; 97: refused; 98: don't know; 99: missing
Sleep_night1	b1sleep	Present state of sleepiness	numeric	1: feel active and vital, alert, wide awake; 2: functioning at a high level, but not at peak, able to concentrate; 3: relaxed, awake, not at full alertness, responsive; 4: a little foggy, not at peak, let down; 5: fogginess, beginning to lose interest in remaining awake, slowed down; 6: sleepiness, prefer to be lying down, fighting sleep, woozy; 7: almost in reverie, sleep onset soon, losing struggle to remain awake; 97: refused; 98: don't know; 99: missing
Sleep_night2	sid	Unique Subject Identifier	character	
Sleep_night2	b2month	Month of administration	numeric	1:January; 2:February; 3:March; 4:April; 5:May; 6:June; 7:July; 8:August; 9:September; 10:October; 11:November; 12:December; 96:Not Applicable; 97/997 :Refused; 98/998:Don't know; 99/999:Missing
Sleep_night2	b2day	Day of administration	numeric	97: refused; 98: don't know; 99: missing
Sleep_night2	b2year	Year of administration	numeric	-1: don't know; -2: refused; 9996: not applicable; 9997: refused; 9998: don't know; 9999: missing
Sleep_night2	b2night	Night of administration	numeric	
Sleep_night2	b2wakehr	Hour wake today	numeric	97: refused; 98: don't know; 99: missing
Sleep_night2	b2wakemn	Minute wake today	character	
Sleep_night2	b2wakeup	A.M. or P.M. wake today	numeric	1: am; 2: pm; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2odd	Today been unusual in any way	numeric	1: yes; 2: no; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2odddhow	If yes, explain how	character	
Sleep_night2	b2coffee	Cups of coffee consumed today	numeric	97: refused; 98: don't know; 99: missing

Sleep_night2	b2choco	Cups of chocolate drink consumed today	numeric	97: refused; 98: don't know; 99: missing
Sleep_night2	b2decaf	Cups of decaf coffee consumed today	numeric	97: refused; 98: don't know; 99: missing
Sleep_night2	b2alc	Cups of alcohol consumed today	numeric	97: refused; 98: don't know; 99: missing
Sleep_night2	b2tea	Cups of tea consumed	numeric	97: refused; 98: don't know; 99: missing
Sleep_night2	b2cola	Cups of cola consumed	numeric	97: refused; 98: don't know; 99: missing
Sleep_night2	b2cafhr	Hour last caffeinated beverage	character	97: refused; 98: don't know; 99: missing
Sleep_night2	b2cafmn	Minute last caffeinated beverage	character	
Sleep_night2	b2cafap	A.M. or P.M. last caffeinated beverage	character	1: am; 2: pm; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2alchr	Hour last alcoholic beverage	character	97: refused; 98: don't know; 99: missing
Sleep_night2	b2alcmn	Minute last alcoholic beverage	character	
Sleep_night2	b2alcap	A.M. or P.M. last alcoholic beverage	character	1: am; 2: pm; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2pstead	Experiencing unsteadiness before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2pfaint	Experiencing faintness before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2pbreth	Experiencing breathing diff before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2pchill	Experiencing chills before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2pheart	Experiencing heart palp before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2pnasal	Experiencing nasal stuff before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2pnoise	Experiencing noise in ears before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2pvis	Experiencing visual disturb before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2pirrit	Experiencing irritability before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2psad	Experiencing sadness before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing
Sleep_night2	b2ptense	Experiencing tension before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't know; 9: missing

Sleep_night2	b2penerg	Energetic before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2phappy	Experiencing happiness before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2phead	Pain in head before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2pneck	Pain in neck before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2pshoul	Pain in shoulders before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2puplim	Pain in upper limbs before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2pchest	Pain in chest before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2pupbk	Pain in upper back before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2plowbk	Pain in lower back before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2pabdo	Pain in abdomen before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2phips	Pain in hips before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2plowlm	Pain in lower limbs before sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2mins	Minutes to fall asleep	numeric	997: refused; 998: don't know; 999: missing
Sleep_night2	b2hours	Hours of sleep think got last night	numeric	97: refused; 98: don't know; 99: missing
Sleep_night2	b2hrmin	Minutes of sleep think got last night	numeric	97: refused; 98: don't know; 99: missing
Sleep_night2	b2rtslep	Rate sleep last night	numeric	997: refused; 998: don't know; 999: missing
Sleep_night2	b2differ	How differ from usual nights sleep	character	
Sleep_night2	b2coment	Any comments or suggestions	character	
Sleep_night2	b2astead	Experiencing unsteadiness after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2afaint	Experiencing faintness after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing

Sleep_night2	b2abreth	Experiencing breathing diff after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2achill	Experiencing chills after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2aheart	Experiencing heart palp after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2anasal	Experiencing nasal stuff after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2anoise	Experiencing noise in ears after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2avis	Experiencing visual disturb after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2airrit	Experiencing irritability after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2asad	Experiencing sadness after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2atense	Experiencing tension after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2aenerg	Energetic after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2ahappy	Experiencing happiness after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2ahead	Pain in head after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2aneck	Pain in neck after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2ashoul	Pain in shoulders after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2auplim	Pain in upper limbs after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2achest	Pain in chest after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2aupbk	Pain in upper back after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing

Sleep_night2	b2alowbk	Pain in lower back after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2aabdo	Pain in abdomen after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2ahips	Pain in hips after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2alowlm	Pain in lower limbs after sleep	numeric	1: not at all; 2: slight; 3: moderate; 4: intense; 7: refused; 8: don't Know; 9: missing
Sleep_night2	b2energy	Present state of energy or fatigue	numeric	1: full of energy, enough to tackle my usual physical activities; 2: energy level is quite high but not at its peak; most physical activities would pose no problem; 3: energy level is such that one would prefer to be doing light work or sedentary tasks at this point; 4: energy level is adequate for only routine activities at a leisurely pace; 5: energy level is such that it would be preferable to rest before doing any routine activity; 6: energy level is quite low, would strongly prefer to rest rather than doing anything else; 7: totally physically exhausted, unable to undertake the least activity; 97: refused; 98: don't know; 99: missing
Sleep_night2	b2sleep	Present state of sleepiness	numeric	1: feel active and vital, alert, wide awake; 2: functioning at a high level, but not at peak, able to concentrate; 3: relaxed, awake, not at full alertness, responsive; 4: a little foggy, not at peak, let down; 5: fogginess, beginning to lose interest in remaining awake, slowed down; 6: sleepiness, prefer to be lying down, fighting sleep, woozy; 7: almost in reverie, sleep onset soon, losing struggle to remain awake; 97: refused; 98: don't know; 99: missing
