

Nap Questionnaire

Description

On the first day of clinic evaluation, all participants took a series of at least four 20-minute naps carried out in 2-hour intervals beginning two hours after awakening from an initial overnight sleep study. This data set includes the information collected before and after four 20-minute naps, such as participants' states before and after the nap, dreams, medications taken before nap, and the number of minutes needed to fall asleep.

Refer to the data codebook for the detailed information of each variable.

Study Sample

224 participants

Data Collection Methods

Data were collected before and after the nap by trained sleep technicians.

Reference

N/A