

Sleep Questionnaire

Description

The sleep questionnaire were conducted twice, one for the night of arrival day (night one) and one for the night of the first clinic evaluation day (night two, i.e. the second night at clinic). The questionnaire consists of pre-sleep questionnaire and post-sleep questionnaire, which collected information regarding subjects' first and second overnight sleep study. Specific variables include awaking time, types of beverages consumed during the day, experiences before sleep, body pains before sleep, time to fall asleep, sleep rating quality, etc.

The data collected at night one (sleep_night1) and night two (sleep_night2) are stored in two separated data files in this release.

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

Study Sample

226 participants

Data Collection Methods

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

Reference

Moldofsky, H. The contribution of sleep medicine to the assessment of the tired patient. *Can J Psychiatry* 2000; 45: 798-802