Draft Questions:

Sleep quality:

So how refreshed did you feel when you got up this morning?

1. Not at all
2. (blank)
3. Moderate
4. (blank)
5. Very

And how many times do you remember waking up last night?

1. 0
2. 1
3. 2
4. 3
5. 4+

How long would you estimate it took you to fall asleep last night?

1. Under 15 minutes
2. 15-30 minutes
3. 30 minutes to an hour
4. 1-2 hours
5. Over 2 hours

Final question on sleep quality! How would you rate your overall quality of sleep last night?

1. Poor
2. (blank)
3. Average
4. (blank)
5. Fantastic!

**Sleep Hygiene:**

What time did you finally hit the hay last night then?

And what time did you wake up?

Did you take sleeping pills yesterday?

Y/N

And did you have any alcohol last night?

Y/N

Were you able to resist having caffeine before bedtime?

Y/N

And were you able to resist the urge to have a cigarette before bed time?

Y/N

Did you take time to chill out before bed last night?

Y/N

And would you say that you made your sleeping place a comfortable environment (i.e. dark, cool, comfortable)

Y/N