|  |  |  |  |
| --- | --- | --- | --- |
| Column Name | Full name if needed | Explanation | metric |
| **Participant\_ID** | Participant identification number |  |  |
| **Date\_submitted** |  | Date and time of submission to the momentary questionnaire |  |
| **Sleepiness** |  | Levels of sleepiness on momentary bases | From the Stanford Sleepiness Scale |
| **Energy** |  | Levels of energy | From 0 (extremely depleted) to 100 (extremely energetic) |
| |  | | --- | | **Stress** | |  | Levels of stress | From 0 (extremely tense) to 100 (extremely calm) |
| **Happy** |  | Levels of happiness | From 0 to 100 |
| **Motivation** |  | Levels of motivation | Likert scale:   * not motivated at all * somewhat motivated * neutral * motivated * strongly motivated |
| **TimeOutdoors** | Time spent outdoors in the last hour |  | In minutes |
| **ScreenTime** | Screen use duration in the last hour |  | In minutes |
| **Type\_Activities** | Type of activites done on screen in the last hour |  |  |
| **Bedtime** |  | Time when participant went to bed |  |
| **SleepOnset** |  | Time when participant tried to sleep |  |
| **SleepLatency** |  | Time it took to fall asleep | In minutes |
| **Nb\_awakenings** |  | Numbers of awakenings during the night |  |
| **Dur\_awakenings** |  | Duration of the awakenings during the night | In minutes |
| **SleepOffset** |  | Time of final awakening |  |
| **Alarm\_YesNo** |  | Use of the alarm to wake up | Yes or No |
| **Time\_out\_of\_bed** |  | Time participant when out of the bed in the morning |  |
| **SleepQuality** |  |  | Likert:   * Very poor * Poor * Fair * Good * Very good |
| **SleepRest** |  |  | Likert:   * Not at all rested * Slightly rested * Somewhat rested * Well-rested * Very well rested |
| **ScreenTimebeforeBed** | Duration of screen use | Duration of screen use before bed | In minutes |
| **Work\_TimebeforeBed** | Duration of work | Duration of work before bed | In minutes |
| **Alcohol\_consumption** |  | Amount of alcoholic drink the day/night before |  |
| **Alcohol\_comsumption\_time** |  | Time of last alcoholic drink |  |
| **Caffeine\_consumption** |  | Amount of caffeinated drink the day/night before |  |
| **Caffeine\_consumption\_time** |  | Time of last caffeinated drink |  |
| **SleepDiary\_Comments** |  |  |  |
| **MCTQ\_Shift\_work** |  | Does the participant perform shift work | Yes or No |
| **MCTQ\_Work\_days** |  | Number of work days in a week |  |
| **MCTQ\_WD\_onset** |  | Time of sleep on work days |  |
| **MCTQ\_WD\_offset** |  | Time of awakening on work days |  |
| **MCTQ\_FD\_onset** |  | Time of sleep on free days |  |
| **MCTQ\_FD\_offset** |  | Time of awakening on free days |  |
| **For SF columns look below** |  |  |  |
| **For PSQI columns look below** |  |  |  |

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