DATA SET: slea   LABEL: DATE CREATED: 20DEC13:14:56:20
Number of Observations: 3778
Number of Variables: 29
Organization of file: Multiple Records per JHS Participant (SUBJID)

Variable Name	Variable Label (VAR)	VAR Type	VAR Format	VAR Length	Mean	Range of Values	Frequency Category	Frequency	Percent
SUBJID	PARTICIPANT ID	Char	$	7		–			
VISIT	CONTACT OCCASION	Num		8	9	9.00-9.00		3778	100.00
SLEA1	1. How much sleep do you usually get at night (or your main sleep period) on weekdays or workdays?	Num	JS_HRSV	8	6.38380095	0	00	3	0.08
						1	01	12	0.32
						2	02	12	0.32
						3	03	52	1.38
						4	04	238	6.30
						5	05	621	16.44
						6	06	1151	30.47
						7	07	816	21.60
						8	08	711	18.82
						9	09	90	2.38
						10	10	53	1.40
						11	11	8	0.21
						12	12	10	0.26
						15	15	1	0.03
SLEA2	2. How long does it usually take you to fall asleep at bedtime?	Num	JS_HRSV	8	1.16331392	0	00	149	3.94
						1	01	3288	87.03
						2	02	239	6.33
						3	03	43	1.14
						4	04	18	0.48
						5	05	4	0.11
						6	06	1	0.03
						7	07	1	0.03
						8	08	1	0.03
						10	10	25	0.66

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						11	11	4	0.11
						12	12	1	0.03
						20	20	3	0.08
						21	21	1	0.03
SLEA3	3. In the past 12 months, how often do you snore while you are sleeping?	Num	SLEA3V	8	2.83139227	1	1. Never	982	25.99
						2	2. Rarely (1 to 2 nights a week)	749	19.83
						3	3. Occasionally (3-4 nights a week)	890	23.56
						4	4. Frequently (5 or more nights a week)	851	22.53
						7	7. Don't Know	305	8.07
						8	8. Refused	1	0.03
SLEA4	4. In the past 12 months, how often do you snort, gasp,, or stop breathing while your are asleep?	Num	SLEA3V	8	1.69190048	1	1. Never	2877	76.15
						2	2. Rarely (1 to 2 nights a week)	329	8.71
						3	3. Occasionally (3-4 nights a week)	197	5.21
						4	4. Frequently (5 or more nights a week)	120	3.18
						7	7. Don't Know	254	6.72
						8	8. Refused	1	0.03
SLEA5A	5a. Have trouble falling asleep	Num	SLEA5V	8	2.01111699	1	1. Never (0)	1905	50.42
						2	2. Rarely (Once per month or less)	626	16.57
						3	3. Sometimes (2-4 times per month)	778	20.59
						4	4. Often (5-15 times per month)	268	7.09

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						5	5. Almost Always (16-30 times per month)	186	4.92
						7	7. Don't Know	15	0.40
SLEA5B	5b. Wake up during the night and have difficulty getting back to sleep	Num	SLEA5V	8	2.21995765	1	1. Never (0)	1519	40.21
						2	2. Rarely (Once per month or less)	719	19.03
						3	3. Sometimes (2-4 times per month)	969	25.65
						4	4. Often (5-15 times per month)	350	9.26
						5	5. Almost Always (16-30 times per month)	212	5.61
						7	7. Don't Know	9	0.24
SLEA5C	5c. Wake up in the morning and is unable to get back to sleep	Num	SLEA5V	8	1.96691371	1	1. Never (0)	1955	51.75
						2	2. Rarely (Once per month or less)	646	17.10
						3	3. Sometimes (2-4 times per month)	724	19.16
						4	4. Often (5-15 times per month)	278	7.36
						5	5. Almost Always (16-30 times per month)	163	4.31
						7	7. Don't Know	11	0.29
						8	8. Refused	1	0.03
SLEA5D	5d. Feel excessively (overly) sleepy during the day	Num	SLEA5V	8	2.17840127	1	1. Never (0)	1492	39.49
						2	2. Rarely (Once per month or less)	685	18.13
						3	3. Sometimes (2-4 times per month)	1173	31.05

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Variable Name	Variable Label (VAR)	VAR Type	VAR Format	VAR Length	Mean	Range of Values	Frequency Category	Frequency	Percent
						4	4. Often (5-15 times per month)	306	8.10
						5	5. Almost Always (16-30 times per month)	116	3.07
						7	7. Don't Know	4	0.11
						8	8. Refused	1	0.03
						9	9. Missing	1	0.03
SLEA6	6. During the past month, how would you rate your sleep quality overall?	Num	SLEA6V	8	2.97008999	1	1. Excellent	340	9.00
						2	2. Very good	863	22.84
						3	3. Good	1434	37.96
						4	4. Fair	864	22.87
						5	5. Poor	272	7.20
						7	7. Don't Know	4	0.11
						9	9. Missing	1	0.03
SLEA7A	7a. Sitting and reading	Num	SLEA7V	8	2.43250397	1	1. No Change	861	22.79
						2	2. Slight Chance	1343	35.55
						3	3. Moderate Chance	799	21.15
						4	4. High Chance	730	19.32
						7	7. Don't Know	39	1.03
						8	8. Refused	1	0.03
						9	9. Missing	5	0.13
SLEA7B	7b. Watching TV	Num	SLEA7V	8	2.57437798	1	1. No Change	607	16.07
						2	2. Slight Chance	1331	35.23
						3	3. Moderate Chance	968	25.62
						4	4. High Chance	853	22.58
						7	7. Don't Know	15	0.40
						9	9. Missing	4	0.11

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SLEA7C	7c. Sitting inactive in a public place (such as a theater or a meeting)	Num	SLEA7V	8	1.66701959	1	1. No Change	2109	55.82
						2	2. Slight Chance	1084	28.69
						3	3. Moderate Chance	366	9.69
						4	4. High Chance	204	5.40
						7	7. Don't Know	14	0.37
						9	9. Missing	1	0.03
SLEA7D	7d. Riding as a passenger in a car for an hour without a break	Num	SLEA7V	8	2.00423504	1	1. No Change	1673	44.28
						2	2. Slight Chance	1051	27.82
						3	3. Moderate Chance	485	12.84
						4	4. High Chance	548	14.51
						7	7. Don't Know	19	0.50
						8	8. Refused	1	0.03
						9	9. Missing	1	0.03
SLEA7E	7e. Lying down to rest in the afternoon when circumstances permit	Num	SLEA7V	8	2.73928004	1	1. No Change	556	14.72
						2	2. Slight Chance	1113	29.46
						3	3. Moderate Chance	916	24.25
						4	4. High Chance	1178	31.18
						7	7. Don't Know	14	0.37
						9	9. Missing	1	0.03
SLEA7F	7f. Sitting and talking to to someone	Num	SLEA7V	8	1.33271572	1	1. No Change	2836	75.07
						2	2. Slight Chance	729	19.30
						3	3. Moderate Chance	134	3.55
						4	4. High Chance	72	1.91
						7	7. Don't Know	6	0.16
						9	9. Missing	1	0.03

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Variable Name	Variable Label (VAR)	VAR Type	VAR Format	VAR Length	Mean	Range of Values	Frequency Category	Frequency	Percent
SLEA7G	7g. Sitting quitely after lunch without alcohol	Num	SLEA7V	8	2.05902594	1	1. No Change	1419	37.56
						2	2. Slight Chance	1269	33.59
						3	3. Moderate Chance	576	15.25
						4	4. High Chance	502	13.29
						7	7. Don't Know	11	0.29
						9	9. Missing	1	0.03
SLEA7H	7h. In a car, while stopped for a few minutes in traffic	Num	SLEA7V	8	1.20698782	1	1. No Change	3203	84.78
						2	2. Slight Chance	455	12.04
						3	3. Moderate Chance	70	1.85
						4	4. High Chance	40	1.06
						7	7. Don't Know	6	0.16
						8	8. Refused	1	0.03
						9	9. Missing	3	0.08
SLEA7I	7i. At a dinner table	Num	SLEA7V	8	1.11381683	1	1. No Change	3468	91.79
						2	2. Slight Chance	237	6.27
						3	3. Moderate Chance	40	1.06
						4	4. High Chance	29	0.77
						7	7. Don't Know	3	0.08
						9	9. Missing	1	0.03
SLEA7J	7j. While driving	Num	SLEA7V	8	1.19375331	1	1. No Change	3280	86.82
						2	2. Slight Chance	403	10.67
						3	3. Moderate Chance	50	1.32
						4	4. High Chance	20	0.53
						7	7. Don't Know	15	0.40
						8	8. Refused	1	0.03
						9	9. Missing	9	0.24

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SLEA8A	8a. Sleep apnea or obstructive sleep apnea	Num	JS_YNV	8	1.89412388	1	Yes	435	11.51
						2	No	3336	88.30
						7	Don't Know	7	0.19
SLEA8B	8b. Insomnia	Num	JS_YNV	8	1.94494442	1	Yes	213	5.64
						2	No	3564	94.34
						7	Don't Know	1	0.03
SLEA8C	8c. Restless legs	Num	JS_YNV	8	1.96585495	1	Yes	139	3.68
						2	No	3637	96.27
						7	Don't Know	2	0.05
SLEA9	9. Method of data collection	Num	JS_CPV	8	1.02382213	1	1. Computer	3688	97.62
						2	2. Paper	90	2.38
SLEA10	10. Data collected	Num	JS_ISV	8	1.02382213	1		3688	97.62
						2		90	2.38
SLEA12	12. Code number of person completing this form	Num		8	112.499206	101.00-199.00		3778	100.00
SLEAFLAG	Data record present?	Num		8	1	1.00-1.00		3778	100.00
VERS	FORM VERSION	Char		1		A		3778	100.00