

Demographics / Participant Characteristics at Baseline

Age

<age in years, response validation to only allow positive numbers ≥ 18 >

Sex

<0 = Male, 1 = Female>

Ethnicity

<1 = Chinese, 2 = Malay, 3 = Indian, 4 = Others: ____>

Monthly household income (SGD)

< \$2,500

\$2,500 - \$4,999

\$5,000 - \$7,499

\$7,500 - \$9,999

\$10,000 - \$12,499

\$12,500 - \$14,999

\$15,000 - \$17,499

\$17,500 - \$19,999

\geq \$20,000

The ladder shown represents where people stand in society. At the top of the ladder are the people who are the best off, those who have the most money, most education, and best jobs. At the bottom are the people who are the worst off, those who have the least money, least education, worst jobs, or no job. Please place an 'X' on the rung that best represents where you think you stand on the ladder.

<10-point scale; 1 = Worst to 10 = Best>

Do you take any sleep medication?

<0 = No, 1 = Yes>

Do you usually consume caffeine on a normal day?

<0 = No, 1 = Yes>

How many years of private music lessons have you received? *If you have received lessons on more than one instrument, including voice, give the number of years for the one instrument/voice you've studied longest. If you have never received private lessons, answer with zero.*

<years of private lessons, response validation to only allow positive numbers>

For how many years have you engaged in regular, daily practice of a musical instrument or singing? "Daily" can be defined as 5 to 7 days per week. A "year" can be defined as 10 to 12 months. *If you have never practiced regularly, or have practiced regularly for fewer than 10 months, answer with zero.*

<years of regular practice, response validation to only allow positive numbers>



Next-Morning Check-In

POSITIVE AFFECT & NEGATIVE AFFECT

Overall, how do you feel **now**?

<Options: 5-point; 1 = Not at all, 2 = Slightly, 3 = Moderately, 4 = Very much, 5 = Extremely>

Energetic
Enthusiastic
Excited
Happy
Cheerful
Pleasant
Calm
Content
Relaxed

Angry
Hostile
Irritable
Nervous
Anxious
Tense
Dejected
Sad
Unhappy

LIFE SATISFACTION

Taking all things together, how satisfied are you with your life as a whole **now**?

<1 = Very dissatisfied, 2 = Dissatisfied, 3 = Neither satisfied nor dissatisfied, 4 = Satisfied, 5 = Very satisfied>

PERCEIVED STRESS

How stressed do you feel **now**?

<ranging from 0 = no stress to 10 = extreme stress>

SUBJECTIVE SLEEP QUALITY

<0 = FALSE, 1 = TRUE // Maximum score of 14 points indicates poor sleep the night before.>

I had a deep sleep last night (NOT COUNTED)
I feel like I slept poorly last night
It took me more than half an hour to fall asleep last night
I felt tired after waking up this morning
I woke up several times last night
I feel like I didn't get enough sleep last night
I got up in the middle of the night
I felt rested after waking up this morning (REVERSE)
I feel like I only had a couple hours of sleep last night
I feel I slept well last night (REVERSE)
I didn't sleep a wink last night
I didn't have any trouble falling asleep last night (REVERSE)
After I woke up last night, I had trouble falling asleep again
I tossed and turned all night last night
I didn't get more than 5 hours sleep last night