**Precision Medicine Initiative Cohort Program Pilot**

**PMI Survey Module: Sleep**

**PMI Survey Module: Sleep – English version**

**Please answer each question as honestly as possible. There are no right or wrong answers to any of the questions. It is important that you answer as many questions as you can. We are looking for your own answers, and not what you think your doctors, family, or friends want you to say.**

**Don't feel like you have to spend a long time on each question. The first answer that comes to you is usually the best one. If you aren’t sure how to answer a question, choose the best answer from the available choices.**

Sleep quality is important to overall health. Work schedules can impact sleep quality. This module asks about both your work schedule and recent sleep quality. There are 13 questions in this section, taking about 3-5 minutes to complete.

The first few questions are about your work schedule during the past 3 months.

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| **Item ID:** | **Ref. Survey** | **Question Stem** | **Responses** |
| 1 |  | Which of the following best describes your overall work schedule (include all jobs) for the last three months? | I have consistently worked a traditional schedule (morning to late afternoon, 1st shift/day shift)  I have consistently worked at an evening or night schedule (starting late afternoon or early evening and continuing into the night, 2nd shift/evening shift)  I have consistently worked at an early morning schedule (starting in middle of the night and continuing into morning, 3rd shift/overnight shift)  I have consistently worked but my schedule is variable (including some mix of traditional, evening/night, and/or early morning schedule)  I have not worked consistently over the past 3 months (e.g., unemployed, retired, seasonal work) |
| 2 | Munich ChronoType Questionnaire (MCTQ) | Normally, I work \_\_\_\_ days/week. (work includes unpaid child/elder care, multiple part-time jobs, regular volunteer work, or salaried employee without set hours) | 0-7 |
| 3 | NHIS | On the days that you work, how many hours per day do you normally work, in all jobs or businesses? \_\_\_ hours | 0-24 |
| The next questions ask about the time(s) that you usually fall asleep and wake up.  Note that these may not be the same as the times you get in and out of bed. | | | |
| 4a | Munich ChronoType Questionnaire (MCTQ) | Thinking of the last 4 weeks, what time do you usually fall asleep:  (a) when you have a work day after you get up? | \_\_hr \_\_min AM/PM |
| 4b | Munich ChronoType Questionnaire (MCTQ) | (b) When you have a work-free day after you get up? | \_\_hr \_\_min AM/PM |
| 5a | Munich ChronoType Questionnaire (MCTQ) | Thinking of the last 4 weeks, what time do you usually wake up:  (a) On a work day? | hr \_\_min AM/PM12 |
| 5b | Munich ChronoType Questionnaire (MCTQ) | (b) On a work-free day? | hr \_\_min AM/PM |
| The last 6 questions ask about your sleep quality during the past 7 days. | | | |
| Sleep 105 | PROMIS Sleep Disturbance, Short Form | In the past 7 days, my sleep was restful. | Not at all  A little bit  Somewhat  Quite a bit  Very much |
| Sleep 115 | PROMIS Sleep Disturbance, Short Form | In the past 7 days, I was satisfied with my sleep. | Not at all  A little bit  Somewhat  Quite a bit  Very much |
| Sleep 116 | PROMIS Sleep Disturbance, Short Form | In the past 7 days, my sleep was refreshing. | Not at all  A little bit  Somewhat  Quite a bit  Very much |
| Sleep 109 | PROMIS Sleep Disturbance, Short Form | In the past 7 days, my sleep quality was... | Very poor  Poor  Fair  Good  Very good |
| Sleep 90 | PROMIS Sleep Disturbance, Short Form | In the past 7 days, I had trouble sleeping. | Never  Rarely  Sometimes  Often  Always |
| Sleep 44 | PROMIS Sleep Disturbance, Short Form | In the past 7 days, I had difficulty falling asleep. | Not at all  A little bit  Somewhat  Quite a bit  Very much |
|  | PROMIS Sleep Disturbance, Short Form | In the past 7 days, I tried hard to get to sleep | Not at all  A little bit  Somewhat  Quite a bit  Very much |

**PMI Survey Module: Sleep: Spanish version**

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| **Item ID:** | **Ref. Survey** | **Question Stem** | **Responses** |
| 1 | Munich ChronoType Questionnaire (MCTQ) | ¿Cuál de las siguientes opciones mejor describe su horario de trabajo en general (incluya todos los puestos de trabajo) por los últimos tres meses? | 1 - He trabajado consistentemente un turno tradicional (de la mañana hasta la tarde)  2 - He trabajado consistentemente en un turno de tarde o noche (a partir de la tarde o al anochecer y continuando en la noche)  3 - He trabajado de forma consistente en un turno temprano en la mañana (a partir de la media noche y continuando por la mañana)  4 - He trabajado de manera consistente, pero mis turnos han sido variables (incluyendo turnos que varían tradicional, tarde / noche, y / o temprano por las mañanas)  5 - No he trabajado consistente durante los últimos 3 meses |
| 2 | Munich ChronoType Questionnaire (MCTQ) | Normalmente, yo trabajo \_\_\_\_\_ días por semana. (incluyendo, por ejemplo, trabajo incluye cuidado de niño / cuidado de ancianos, varios puestos de trabajo a tiempo parcial, el trabajo voluntario regular, o trabajo de salario, sin horario fijo ) | 0-7 |
| 3 | NHIS | En los días en los que usted trabaja, ¿Cuántas horas por día trabaja normalmente en todos los puestos de trabajo o negocios que tiene? | 0-24 |
| *Las siguientes preguntas son sobre la hora (s) que por lo general se queda dormido y se despierta. Tenga en cuenta que éstas no tienen que ser los mismas que el momento que entra o sale de la cama.* | | | |
| 4a | Munich ChronoType Questionnaire (MCTQ) | Pensando en las últimas 4 semanas  ¿A qué hora usualmente se duerme?:  (A) en día de trabajo después de levantar | \_\_\_hr\_\_min AM/PM |
| 4b | Munich ChronoType Questionnaire (MCTQ) | (B) En los días que no trabaja después de levantar | \_\_\_hr\_\_min AM/PM |
| 5a | Munich ChronoType Questionnaire (MCTQ) | Pensando en las últimas 4 semanas: A qué hora usualmente se despierta:  (A) ¿En los días que usted trabaja? | \_\_\_hr\_\_min AM/PM |
| 5b | Munich ChronoType Questionnaire (MCTQ) | (B) ¿En los días que no trabaja? | \_\_\_hr\_\_min AM/PM |
| Sleep 105 | PROMIS Sleep Disturbance, Short Form | En los últimos 7 días mi sueño fue relajante | Nada  Un poco  Algo  Mucho  Muchísimo |
| Sleep 115 | PROMIS Sleep Disturbance, Short Form | En los últimos 7 días me sentí satisfecho(M)/satisfecha (F) con mi sueño | Nada  Un poco  Algo  Mucho  Muchísimo |
| Sleep 116 | PROMIS Sleep Disturbance, Short Form | En los últimos 7 días mi sueño fue reparador | Nada  Un poco  Algo  Mucho  Muchísimo |
| Sleep 109 | PROMIS Sleep Disturbance, Short Form | En los últimos 7 días la calidad de mi sueño fue | Muy mala  Mala  Pasable  Buena  Muy buena |
| Sleep 90 | PROMIS Sleep Disturbance, Short Form | En los últimos 7 días **tuve problemas para dormir** | Nada  Un poco  Algo  Mucho  Muchísimo |
| Sleep 44 | PROMIS Sleep Disturbance, Short Form | En los últimos 7 días he tenido dificultad en dormirme. | Nada  Un poco  Algo  Mucho  Muchísimo |
|  | PROMIS Sleep Disturbance, Short Form | En los últimos 7 días he tratado mucho para dormirme. | Nada  Un poco  Algo  Mucho  Muchísimo |