Component Description

The sleep disorders (variable name prefix SLQ) data set provides a limited number of questions on sleep habits and disorders.

Eligible Sample

Participants 16 years of age and older were eligible.

Interview Setting and Mode of Administration

These questions were asked, in the home, by trained interviewers using the Computer-Assisted Personal Interviewing (CAPI) system.

Quality Assurance & Quality Control

The CAPI system is programmed with built-in consistency checks to reduce data entry errors.

Data Processing and Editing

Edits were made to ensure completeness, consistency and analytic usefulness of the data.

Analytic Notes

Please refer to the [NHANES Analytic Guidelines](https://wwwn.cdc.gov/nchs/nhanes/analyticguidelines.aspx) and the on-line [NHANES Tutorial](https://www.cdc.gov/nchs/tutorials/) for further details on the use of sample weights and other analytic issues.

Codebook and Frequencies

SEQN - Respondent sequence number

**Variable Name:**

SEQN

**SAS Label:**

Respondent sequence number

**English Text:**

Respondent sequence number.

**Target:**

Both males and females 16 YEARS - 150 YEARS

SLD010H - How much sleep do you get (hours)?

**Variable Name:**

SLD010H

**SAS Label:**

How much sleep do you get (hours)?

**English Text:**

The next set of questions is about your sleeping habits. How much sleep {do you/does SP} usually get at night on weekdays or workdays?

**English Instructions:**

INTERVIEWER INSTRUCTION: ENTER HOURS.

**Target:**

Both males and females 16 YEARS - 150 YEARS

| **Code or Value** | **Value Description** | **Count** | **Cumulative** | **Skip to Item** |
| --- | --- | --- | --- | --- |
| 2 to 11 | Range of Values | 6408 | 6408 |  |
| 12 | 12 hours or more | 46 | 6454 |  |
| 77 | Refused | 0 | 6454 |  |
| 99 | Don't know | 7 | 6461 |  |
| . | Missing | 3 | 6464 |  |

SLQ050 - Ever told doctor had trouble sleeping?

**Variable Name:**

SLQ050

**SAS Label:**

Ever told doctor had trouble sleeping?

**English Text:**

{Have you/Has SP} ever told a doctor or other health professional that {you have/s/he has} trouble sleeping?

**Target:**

Both males and females 16 YEARS - 150 YEARS

| **Code or Value** | **Value Description** | **Count** | **Cumulative** | **Skip to Item** |
| --- | --- | --- | --- | --- |
| 1 | Yes | 1582 | 1582 |  |
| 2 | No | 4880 | 6462 |  |
| 7 | Refused | 0 | 6462 |  |
| 9 | Don't know | 2 | 6464 |  |
| . | Missing | 0 | 6464 |  |

SLQ060 - Ever told by doctor have sleep disorder?

**Variable Name:**

SLQ060

**SAS Label:**

Ever told by doctor have sleep disorder?

**English Text:**

{Have you/Has SP} ever been told by a doctor or other health professional that {you have/s/he has} a sleep disorder?

**Target:**

Both males and females 16 YEARS - 150 YEARS

| **Code or Value** | **Value Description** | **Count** | **Cumulative** | **Skip to Item** |
| --- | --- | --- | --- | --- |
| 1 | Yes | 579 | 579 |  |
| 2 | No | 5872 | 6451 |  |
| 7 | Refused | 0 | 6451 |  |
| 9 | Don't know | 13 | 6464 |  |
| . | Missing | 0 | 6464 |  |