

Mood - Morning and Evening EMA

Content

RIGHT NOW, I am feeling CONTENT:

1: A little bit

3: Very much

4: SKIP QUESTION

Stress

RIGHT NOW, I am feeling STRESSED:

1: A little bit

3: Very much

4: SKIP QUESTION

Loneliness

RIGHT NOW, I am feeling LONELY:

1: A little bit

3: Very much

4: SKIP QUESTION

Sadness

RIGHT NOW, I am feeling SAD:

1: A little bit

3: Very much

4: SKIP QUESTION

Energy

RIGHT NOW, my ENERGY LEVEL is:

1: Somewhat Low Energy

3: Somewhat high energy

5: SKIP QUESTION

5: SKIP QUESTION

Sleep Quality - Morning EMA Only

Total Sleep Time

How many hours did you sleep LAST NIGHT:

Numeric Free Response

Sleep Onset Latency

How long, in minutes, did it take you to fall asleep LAST NIGHT?

Numeric Free Response

Number of Awakenings

How many times do you remember waking up LAST NIGHT?

Numeric Free Response

Restfulness

How restful was your sleep LAST NIGHT?

1: Slightly restful

3: Very restful

4: SKIP QUESTION