
Mood - Morning and Evening EMA

Content

RIGHT NOW, I am feeling CONTENT:

0: Not at all 1: A little bit 2: Quite a bit 3: Very much

Stress

RIGHT NOW, I am feeling STRESSED:

0: Not at all 1: A little bit 2: Quite a bit 3: Very much

Loneliness

RIGHT NOW, I am feeling LONELY:

0: Not at all 1: A little bit 2: Quite a bit 3: Very much

Sadness

RIGHT NOW, I am feeling SAD:

0: Not at all 1: A little bit 2: Quite a bit 3: Very much

Energy

RIGHT NOW, my ENERGY LEVEL is:

0: Low 1: Somewhat Low 2: Neutral 3: Somewhat high 4. High

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?

0: Not at all 1: Slightly 2: Somewhat 3: Very much
