

Beiwe Morning EMA

Questions on the EMA to be sent to participants phones in the morning ~9:00 am which include questions about their previous night's sleep and their current mood.

Sleep-Related Question

Q1
Always Displayed

How many hours did you sleep LAST NIGHT?
Question Type: Free Response
Text Field Type: Numeric
Edit Delete Move Up Move Down

Q2
Always Displayed

How long, in minutes, did it take you to fall asleep LAST NIGHT?
Question Type: Free Response
Text Field Type: Numeric
Edit Delete Move Up Move Down

Q3
Always Displayed

How many times do you remember waking up LAST NIGHT?
Question Type: Free Response
Text Field Type: Numeric
Edit Delete Move Up Move Down

Q4
Always Displayed

How restful was your sleep LAST NIGHT?
Question Type: Radio Button
Options: Not at all restful , Slightly restful , Somewhat restful , Very restful , SKIP QUESTION
Edit Delete Move Up Move Down

Mood-Related Questions

Q5
Always Displayed

RIGHT NOW, I am feeling CONTENT:
Question Type: Radio Button
Options: Not at all , A little bit , Quite a bit , Very Much , SKIP QUESTION
Edit Delete Move Up Move Down

Q6
Always Displayed

RIGHT NOW, I am feeling STRESSED:
Question Type: Radio Button
Options: Not at all , A little bit , Quite a bit , Very Much , SKIP QUESTION
Edit Delete Move Up Move Down

Q7

Always Displayed

RIGHT NOW, I am feeling LONELY:

Question Type: Radio Button

Options: Not at all , A little bit , Quite a bit , Very Much , SKIP QUESTION

Edit

Delete

Move Up

Move Down

Q8

Always Displayed

RIGHT NOW, I am feeling SAD:

Question Type: Radio Button

Options: Not at all , A little bit , Quite a bit , Very Much , SKIP QUESTION

Edit

Delete

Move Up

Move Down

Q9

Always Displayed

RIGHT NOW, my ENERGY LEVEL is:

Question Type: Radio Button

Options: Low Energy , Somewhat low energy , Neutral , Somewhat high energy , High energy , SKIP QUESTION

Edit

Delete

Move Up

Move Down