
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 restful

1: Slightly restful

2: Somewhat restful

3: Very restful

4: SKIP QUESTION
