

10. How would you characterize your typical sleep quality (circle one)?

- A. I have no trouble sleeping and usually feel that I get enough sleep and am well-rested
- B. I generally sleep well, but occasionally suffer from lack of enough sleep
- C. My sleep is quite mixed; at times I sleep well, but at other times, I suffer from sleep loss and tiredness
- D. I am a poor sleeper and it is rare for me to get enough sleep and feel well-rested
- E. I suffer from chronic sleep loss and feel that my daytime functioning is impaired due to the poor quality of my sleep

Participant Code (condition + subject number): _____

C = control (movie); N = nap; M = meditate