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| Variable name | Meaning | Type |
| SEQN | ID number | Integer |
| RIAGENDR | Sex  1 – Male  2 – Female | Binary |
| RIDAGEYR | Age in Years at screening | Integer |
| WINT2YR | Full sample 2 year interview weight. | Numeric |
| WINTMEC2YR | Full sample 2 year exam weight. | Numeric |
| SDMVPSU | One of two sampling units, needed for variance estimation | Integer |
| SDMVSTRA | Stratum for the variance estimation | Integer |
| INDFMPIR | Ratio of family income to poverty | Numeric |
| day\_sleep | Often or almost always sleepy during the day (>=5 times a month)?  0 – No  1 – Yes | Binary |
| SLD012 | Sleep hours during the week | Numeric |
| SLD013 | Sleep hours on the weekend | Numeric |
| SLQ120 | How often do you feel excessively or overly sleepy during the day?  0 – Never  1- Rarely (1x per mo)  2 – Sometimes (2-4x per mo)  3 - Often (5-15x per mo)  4 – Almost Always (16 – 30x per mo)  9 – Don’t know | Categorical |
| SMQ\_681 | Smoked tobacco in the last 5 days?  1 – Yes  2 – No | Binary |
| avg\_mg\_caffeine | Average milligrams of caffeine over 2 days (from nutrition examination) | Numeric |
| depress\_score | Depression score from PHQ9 | Integer |
| raceEthCat | Race/ethnicity category  "NH Asian", "NH White", "NH Black", "NH Other/Multiple" | Categorical |
| ageCat\_18 | Age category  "18-39", "40-59", "60+" | Categorical, only > 18 included |
| activity | In a typical week, do you do any vigorous or moderate activity at work or for recreation?  0 – No  1 – Yes | Binary |
| hi\_caffeine | Average caffeine dose over 2 days is > 400mg per day?  0 – No  1 – Yes | Binary |
| BMI\_cat | BMI categories  “underweight”, “normal”,” overweight”,” obese” | Categorical |
| heavy\_drink2 | Above 2 drinks a day for men or above 1 drink a day for women?  0 – No  1 – Yes | Binary |
| no\_dep | Depression score less than 5?  0 – No  1 – Yes | Binary |
| mild\_dep | Depression score from 5-9?  0 – No  1 – Yes | Binary |
| mod\_dep | Depression score from 10-14?  0 – No  1 – Yes | Binary |
| mod\_sev\_dep | Depression score from 15-19?  0 – No  1 – Yes | Binary |
| sev\_dep | Depression score >= 20?  0 – No  1 – Yes | Binary |