

Data Dictionary Codebook

Spitschan_SleepSurvey (PID: 64)

11-03-2025 17:39

| Instruments | |
|--|--|
| Instrument | Form Name |
| Participant information sheet and informed consent | participant_information_sheet_and_informed_consent |
| Demographic information | demographic_information |
| Further information about you | further_information_about_you |
| Your sleep environment | your_sleep_environment |
| Your sensitivity to light | your_sensitivity_to_light |
| Your sleep | your_sleep |
| Your wake-up and sleep times | your_wakeup_and_sleep_times |
| Your light behaviour | your_light_behaviour |

| # | Variable / Field Name | Field Label Field Note | Field Attributes (Field Type, Validation, Choices, Calculations, etc.) |
|--|--------------------------|--|--|
| Instrument: Participant information sheet and informed consent (participant_information_sheet_and_informed_consent)  Enabled as survey | | | |
| 1 | [record_id] | Study ID | text |
| 2 | [slypos_consent_info_01] | <p>Section Header: <i>Sleep and Light in (Young) People -Online Survey (SLYP-OS)</i></p> <p>Dear Participant, We appreciate your interest in this anonymous online survey run by the Centre for Chronobiology in Basel, Switzerland. If you are 11 years of age or older, you are kindly invited to take part. Please read through this information before agreeing to participate. If you are below the legal age of majority in your country, please discuss this questionnaire with your parents or legal guardians. You will be asked to confirm their assent. Completing the entire survey will take 15-20 minutes.</p> | descriptive |
| 3 | [slypos_consent_info_02] | <p>Section Header: <i>What is the goal of this study?</i></p> <p>The aim of the SLYP-OS study is to explore how sleep, light sensitivity, and light exposure are related in people aged 11 years or older.</p> | descriptive |
| 4 | [slypos_consent_info_03] | <p>Section Header: <i>Is the survey anonymous?</i></p> <p>Yes. In this fully anonymous survey, no identifiable personal data will be collected or available (including no IP tracking). At no point will it be possible to link any survey data to a participant. Geographical information will be limited to country of residence and time zone. The survey is hosted on the REDCap platform hosted by the University of Basel, Switzerland.</p> | descriptive |
| 5 | [slypos_consent_info_04] | <p>Section Header: <i>How will my data be used and who will have access to my data?</i></p> <p>Data will be stored and analysed in fully anonymous form on the REDCap platform hosted by the University of Basel, Switzerland. Data will be downloaded from the platform and analysed by the study team. The results of this survey may be presented and published at scientific conferences, workshops and within scientific publications. Data may be shared with international collaborators.</p> | descriptive |
| 6 | [slypos_consent_info_05] | <p>Section Header: <i>Do I have to take part?</i></p> <p>No. Please note that participation is voluntary. If you decide to take part, you may withdraw at any point for any reason by closing the browser window or tab. Participation in the survey will not be compensated. Filling out the full survey is expected to take approximately 15-20 minutes, depending on reading speed. No background knowledge is required. Once you have participated in the survey, you will not be able to withdraw your data.</p> | descriptive |

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| 7 | [slypos_consent_info_06] | <p>Section Header: <i>What type of questions are asked in the survey?</i></p> <p>We will ask questions on the following domains: Age Gender identity and sex assigned at birth Home or on-site schooling/work Country of residence and time zone Whether English is your first language Pubertal stage (only if younger than 18 years old) Sleep quantity, timing, quality and environment Work/school schedule Light sensitivity, exposure, and light-related behaviour Meal & caffeine timing Please remember that all your answers are anonymous and cannot be traced back to you.</p> | descriptive |
| 8 | [slypos_consent_info_07] | <p>Section Header: <i>Who has reviewed this study?</i></p> <p>This SLYP-OS project has been reviewed by the Ethics Committee Northwest and Central Switzerland (EKNZ) and received clarification of responsibility (#Req-2021-00488). The research project does not fall under the scope of the Human Research Act, as the project is using only anonymised data. The clarification of responsibility is linked as a PDF file below.</p> | descriptive (Attachment: req-2021-00488-stat-pos-210506-en&de.pdf, Display format: Link) |
| 9 | [slypos_consent_info_08] | <p>Section Header: <i>Who is funding this study?</i></p> <p>The principal researcher is funded by the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement N° 860613. For more information see https://lightcap.eu</p> | descriptive |
| 10 | [slypos_consent_info_09] | <p>Section Header: <i>Who can I contact if I have questions, concerns or I wish to complain?</i></p> <p>The principal researcher of this study is Rafael Lazar (Centre for Chronobiology, Basel, Switzerland). This project is being completed under supervision and in collaboration with Dr Manuel Spitschan (University of Basel, Switzerland and University of Oxford, UK). You may use the contacts mentioned below to ask any question concerning the SLYP-OS study. We will do our best to answer your query within ten working days.Rafael Lazar, rafaelrobert.lazar@unibas.chDr Manuel Spitschan, manuel.spitschan@unibas.ch</p> | descriptive |
| 11 | [slypos_consent_info_10] | <p>Please note that you may only participate in this survey if you are 11 years of age or older.If you have read the information above and agree to participate with the understanding that the anonymous data you submit will be processed accordingly, please check the relevant box below to get started.</p> | descriptive |
| 12 | [slypos_consent_01] | <p>Please indicate whether you are above or below the legal age of majority.</p> | radio, Required <input checked="" type="radio"/> 1 I am above the legal age of majority (usually 18 years of age). <input type="radio"/> 2 I am younger than the legal age of majority. |
| 13 | [slypos_consent_02] Show the field ONLY if: [slypos_consent_01] = '1' | <p>Please indicate whether you agree to take part.</p> | checkbox, Required <input checked="" type="checkbox"/> 1 slypos_consent_02__1 Yes, I agree to take part. |
| 14 | [slypos_consent_03] Show the field ONLY if: [slypos_consent_01] = '2' | <p>Please indicate whether you agree to take part.</p> | checkbox, Required <input checked="" type="checkbox"/> 1 slypos_consent_03__1 Yes, I agree to take part. |
| 15 | [slypos_consent_04] Show the field ONLY if: [slypos_consent_01] = '2' | <p>Please confirm that you have parental assent.</p> | checkbox, Required <input checked="" type="checkbox"/> 1 slypos_consent_04__1 Yes, I have discussed this study with my parents or legal guardians, who agreed that I could take part. |
| 16 | [slypos_consent_05] | <p>Please confirm that this is your first time participating in the survey.</p> | checkbox, Required <input checked="" type="checkbox"/> 1 slypos_consent_05__1 I am participating this survey for the first time and I affirm to provide accurate information to the best of my knowledge. |
| 17 | [participant_information_sheet_and_informed Consent_complete] | <p>Section Header: <i>Form Status</i></p> <p>Complete?</p> | dropdown <input checked="" type="checkbox"/> 0 Incomplete |

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| | | | <input type="checkbox"/> 1 Unverified <input type="checkbox"/> 2 Complete | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Instrument: Demographic information (demographic_information)  Enabled as survey | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | [slypos_demographics_info] | Section Header: <i>Information about you</i> Please complete the below information. | descriptive | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 | [slypos_demographics_age] | What is your age in years? <i>Exact age in years</i> | text (integer, Min: 11, Max: 99), Required | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | [slypos_demographics_sex] | What is your sex? If you are one or more of non-binary, transgender, have variations of sex characteristics, sometimes also known as intersex, the answer you give can be different from what is on your birth certificate. If you're not sure how to answer, use the sex registered on your official documents, such as passport or driving licence, or whichever answer best describes your sex. A later question gives the option to tell us if your gender is different from your sex registered at birth, and, if different, to record your gender. | radio, Required <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>1</td> <td>Female</td> </tr> <tr> <td>2</td> <td>Male</td> </tr> <tr> <td>3</td> <td>Other</td> </tr> </table> | 1 | Female | 2 | Male | 3 | Other | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Female | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Male | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Other | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | [slypos_demographics_gender] | Is your gender the same as the sex you were registered at birth? If your gender is not the same as the sex recorded on your birth certificate when you were born (for example, you are transgender or non-binary), tick "No". If you answered no, please enter the term you use to describe your gender. This is also voluntary, so you can leave it blank if you prefer. If you would like to record that you have variations of sex characteristics, sometimes also known as intersex, you can use this write-in box. If you would like to, you can also write-in your gender (for example: 'intersex, non-binary'). <i>This question is voluntary, so you can leave it blank if you prefer.</i> | yesno <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>1</td> <td>Yes</td> </tr> <tr> <td>0</td> <td>No</td> </tr> </table> | 1 | Yes | 0 | No | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Yes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0 | No | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | [slypos_demographics_gender_text] | Please enter your gender: Show the field ONLY if: [slypos_demographics_gender] = '0' | notes | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | [slypos_demographics_language] | Are you a native speaker of English? | yesno, Required <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>1</td> <td>Yes</td> </tr> <tr> <td>0</td> <td>No</td> </tr> </table> | 1 | Yes | 0 | No | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Yes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0 | No | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | [slypos_demographics_tz] | Please select your country of residence and time zone: | dropdown, Required <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>1</td><td>Aland Islands - Europe/Mariehamn (UTC +02:00)</td></tr> <tr><td>2</td><td>Afghanistan - Asia/Kabul (UTC +04:30)</td></tr> <tr><td>3</td><td>Albania - Europe/Tirane (UTC +01:00)</td></tr> <tr><td>4</td><td>Algeria - Africa/Algiers (UTC +01:00)</td></tr> <tr><td>5</td><td>American Samoa - Pacific/Pago_Pago (UTC -11:00)</td></tr> <tr><td>6</td><td>Andorra - Europe/Andorra (UTC +01:00)</td></tr> <tr><td>7</td><td>Angola - Africa/Luanda (UTC +01:00)</td></tr> <tr><td>8</td><td>Anguilla - America/Anguilla (UTC -04:00)</td></tr> <tr><td>9</td><td>Antarctica - Antarctica/Casey (UTC +11:00)</td></tr> <tr><td>10</td><td>Antarctica - Antarctica/Davis (UTC +07:00)</td></tr> <tr><td>11</td><td>Antarctica - Antarctica/DumontDUrville (UTC +10:00)</td></tr> <tr><td>12</td><td>Antarctica - Antarctica/Mawson (UTC +05:00)</td></tr> <tr><td>13</td><td>Antarctica - Antarctica/McMurdo (UTC +13:00)</td></tr> <tr><td>14</td><td>Antarctica - Antarctica/Palmer (UTC -03:00)</td></tr> </table> | 1 | Aland Islands - Europe/Mariehamn (UTC +02:00) | 2 | Afghanistan - Asia/Kabul (UTC +04:30) | 3 | Albania - Europe/Tirane (UTC +01:00) | 4 | Algeria - Africa/Algiers (UTC +01:00) | 5 | American Samoa - Pacific/Pago_Pago (UTC -11:00) | 6 | Andorra - Europe/Andorra (UTC +01:00) | 7 | Angola - Africa/Luanda (UTC +01:00) | 8 | Anguilla - America/Anguilla (UTC -04:00) | 9 | Antarctica - Antarctica/Casey (UTC +11:00) | 10 | Antarctica - Antarctica/Davis (UTC +07:00) | 11 | Antarctica - Antarctica/DumontDUrville (UTC +10:00) | 12 | Antarctica - Antarctica/Mawson (UTC +05:00) | 13 | Antarctica - Antarctica/McMurdo (UTC +13:00) | 14 | Antarctica - Antarctica/Palmer (UTC -03:00) |
| 1 | Aland Islands - Europe/Mariehamn (UTC +02:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Afghanistan - Asia/Kabul (UTC +04:30) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Albania - Europe/Tirane (UTC +01:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Algeria - Africa/Algiers (UTC +01:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | American Samoa - Pacific/Pago_Pago (UTC -11:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Andorra - Europe/Andorra (UTC +01:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | Angola - Africa/Luanda (UTC +01:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Anguilla - America/Anguilla (UTC -04:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Antarctica - Antarctica/Casey (UTC +11:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | Antarctica - Antarctica/Davis (UTC +07:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | Antarctica - Antarctica/DumontDUrville (UTC +10:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | Antarctica - Antarctica/Mawson (UTC +05:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | Antarctica - Antarctica/McMurdo (UTC +13:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | Antarctica - Antarctica/Palmer (UTC -03:00) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| 15 | Antarctica - Antarctica/Rothera (UTC -03:00) |
| 16 | Antarctica - Antarctica/Syowa (UTC +03:00) |
| 17 | Antarctica - Antarctica/Troll (UTC) |
| 18 | Antarctica - Antarctica/Vostok (UTC +06:00) |
| 19 | Antigua and Barbuda - America/Antigua (UTC -04:00) |
| 20 | Argentina - America/Argentina/Buenos_Aires (UTC -03:00) |
| 21 | Argentina - America/Argentina/Catamarca (UTC -03:00) |
| 22 | Argentina - America/Argentina/Cordoba (UTC -03:00) |
| 23 | Argentina - America/Argentina/Jujuy (UTC -03:00) |
| 24 | Argentina - America/Argentina/La_Rioja (UTC -03:00) |
| 25 | Argentina - America/Argentina/Mendoza (UTC -03:00) |
| 26 | Argentina - America/Argentina/Rio_Gallegos (UTC -03:00) |
| 27 | Argentina - America/Argentina/Salta (UTC -03:00) |
| 28 | Argentina - America/Argentina/San_Juan (UTC -03:00) |
| 29 | Argentina - America/Argentina/San_Luis (UTC -03:00) |
| 30 | Argentina - America/Argentina/Tucuman (UTC -03:00) |
| 31 | Argentina - America/Argentina/Ushuaia (UTC -03:00) |
| 32 | Armenia - Asia/Yerevan (UTC +04:00) |
| 33 | Aruba - America/Aruba (UTC -04:00) |
| 34 | Australia - Antarctica/Macquarie (UTC +11:00) |
| 35 | Australia - Australia/Adelaide (UTC +10:30) |
| 36 | Australia - Australia/Brisbane (UTC +10:00) |
| 37 | Australia - Australia/Broken_Hill (UTC +10:30) |
| 38 | Australia - Australia/Currie (UTC +11:00) |
| 39 | Australia - Australia/Darwin (UTC +09:30) |
| 40 | Australia - Australia/Eucla (UTC +08:45) |
| 41 | Australia - Australia/Hobart (UTC +11:00) |
| 42 | Australia - Australia/Lindeman (UTC +10:00) |
| 43 | Australia - Australia/Lord_Howe (UTC +11:00) |
| 44 | Australia - Australia/Melbourne (UTC +11:00) |
| 45 | Australia - Australia/Perth (UTC +08:00) |
| 46 | Australia - Australia/Sydney (UTC +11:00) |
| 47 | Austria - Europe/Vienna (UTC +01:00) |
| 48 | Azerbaijan - Asia/Baku (UTC +04:00) |
| 49 | Bahamas - America/Nassau (UTC -04:00) |
| 50 | Bahrain - Asia/Bahrain (UTC +03:00) |
| 51 | Bangladesh - Asia/Dhaka (UTC +06:00) |

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| 52 | Barbados - America/Barbados (UTC -04:00) |
| 53 | Belarus - Europe/Minsk (UTC +03:00) |
| 54 | Belgium - Europe/Brussels (UTC +01:00) |
| 55 | Belize - America/Belize (UTC -06:00) |
| 56 | Benin - Africa/Porto-Novo (UTC +01:00) |
| 57 | Bermuda - Atlantic/Bermuda (UTC -03:00) |
| 58 | Bhutan - Asia/Thimphu (UTC +06:00).Plurinational State of - America/La_Paz (UTC -04:00) |
| 59 | Bolivia,Sint Eustatius and Saba - America/Kralendijk (UTC -04:00) |
| 60 | Bonaire |
| 61 | Bosnia and Herzegovina - Europe/Sarajevo (UTC +01:00) |
| 62 | Botswana - Africa/Gaborone (UTC +02:00) |
| 63 | Brazil - America/Araguaina (UTC -03:00) |
| 64 | Brazil - America/Bahia (UTC -03:00) |
| 65 | Brazil - America/Belem (UTC -03:00) |
| 66 | Brazil - America/Boa_Vista (UTC -04:00) |
| 67 | Brazil - America/Campo_Grande (UTC -04:00) |
| 68 | Brazil - America/Cuiaba (UTC -04:00) |
| 69 | Brazil - America/Eirunepe (UTC -05:00) |
| 70 | Brazil - America/Fortaleza (UTC -03:00) |
| 71 | Brazil - America/Maceio (UTC -03:00) |
| 72 | Brazil - America/Manaus (UTC -04:00) |
| 73 | Brazil - America/Noronha (UTC -02:00) |
| 74 | Brazil - America/Porto_Velho (UTC -04:00) |
| 75 | Brazil - America/Recife (UTC -03:00) |
| 76 | Brazil - America/Rio_Branco (UTC -05:00) |
| 77 | Brazil - America/Santarem (UTC -03:00) |
| 78 | Brazil - America/Sao_Paulo (UTC -03:00) |
| 79 | British Indian Ocean Territory - Indian/Chagos (UTC +06:00) |
| 80 | Brunei Darussalam - Asia/Brunei (UTC +08:00) |
| 81 | Bulgaria - Europe/Sofia (UTC +02:00) |
| 82 | Burkina Faso - Africa/Ouagadougou (UTC) |
| 83 | Burundi - Africa/Bujumbura (UTC +02:00) |
| 84 | Cambodia - Asia/Phnom_Penh (UTC +07:00) |
| 85 | Cameroon - Africa/Douala (UTC +01:00) |
| 86 | Canada - America/Atikokan (UTC -05:00) |
| 87 | Canada - America/Blanc-Sablon (UTC -04:00) |

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| | | 88 Canada - America/Cambridge_Bay (UTC -06:00) |
| | | 89 Canada - America/Creston (UTC -07:00) |
| | | 90 Canada - America/Dawson (UTC -07:00) |
| | | 91 Canada - America/Dawson_Creek (UTC -07:00) |
| | | 92 Canada - America/Edmonton (UTC -06:00) |
| | | 93 Canada - America/Fort_Nelson (UTC -07:00) |
| | | 94 Canada - America/Glace_Bay (UTC -03:00) |
| | | 95 Canada - America/Goose_Bay (UTC -03:00) |
| | | 96 Canada - America/Halifax (UTC -03:00) |
| | | 97 Canada - America/Inuvik (UTC -06:00) |
| | | 98 Canada - America/Iqaluit (UTC -04:00) |
| | | 99 Canada - America/Moncton (UTC -03:00) |
| | | 100 Canada - America/Nipigon (UTC -04:00) |
| | | 101 Canada - America/Pangnirtung (UTC -04:00) |
| | | 102 Canada - America/Rainy_River (UTC -05:00) |
| | | 103 Canada - America/Rankin_Inlet (UTC -05:00) |
| | | 104 Canada - America/Regina (UTC -06:00) |
| | | 105 Canada - America/Resolute (UTC -05:00) |
| | | 106 Canada - America/St_Johns (UTC -02:30) |
| | | 107 Canada - America/Swift_Current (UTC -06:00) |
| | | 108 Canada - America/Thunder_Bay (UTC -04:00) |
| | | 109 Canada - America/Toronto (UTC -04:00) |
| | | 110 Canada - America/Vancouver (UTC -07:00) |
| | | 111 Canada - America/Whitehorse (UTC -07:00) |
| | | 112 Canada - America/Winnipeg (UTC -05:00) |
| | | 113 Canada - America/Yellowknife (UTC -06:00) |
| | | 114 Cape Verde - Atlantic/Cape_Verde (UTC -01:00) |
| | | 115 Cayman Islands - America/Cayman (UTC -05:00) |
| | | 116 Central African Republic - Africa/Bangui (UTC +01:00) |
| | | 117 Chad - Africa/Ndjamena (UTC +01:00) |
| | | 118 Chile - America/Punta_Arenas (UTC -03:00) |
| | | 119 Chile - America/Santiago (UTC -03:00) |
| | | 120 Chile - Pacific/Easter (UTC -05:00) |
| | | 121 China - Asia/Shanghai (UTC +08:00) |
| | | 122 China - Asia/Urumqi (UTC +06:00) |
| | | 123 Christmas Island - Indian/Christmas (UTC +07:00) |
| | | 124 Cocos (Keeling) Islands - Indian/Cocos (UTC +06:30) |

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| 125 | Colombia - America/Bogota (UTC -05:00) |
| 126 | Comoros - Indian/Comoro (UTC +03:00) |
| 127 | Congo - Africa/Brazzaville (UTC +01:00),the Democratic Republic of the - Africa/Kinshasa (UTC +01:00) |
| 128 | Congo,the Democratic Republic of the - Africa/Lubumbashi (UTC +02:00) |
| 129 | Congo |
| 130 | Cook Islands - Pacific/Rarotonga (UTC -10:00) |
| 131 | Costa Rica - America/Costa_Rica (UTC -06:00) |
| 132 | Croatia - Europe/Zagreb (UTC +01:00) |
| 133 | Cuba - America/Havana (UTC -04:00) |
| 134 | Curaçao - America/Curacao (UTC -04:00) |
| 135 | Cyprus - Asia/Famagusta (UTC +02:00) |
| 136 | Cyprus - Asia/Nicosia (UTC +02:00) |
| 137 | Czech Republic - Europe/Prague (UTC +01:00) |
| 138 | Côte d'Ivoire - Africa/Abidjan (UTC) |
| 139 | Denmark - Europe/Copenhagen (UTC +01:00) |
| 140 | Djibouti - Africa/Djibouti (UTC +03:00) |
| 141 | Dominica - America/Dominica (UTC -04:00) |
| 142 | Dominican Republic - America/Santo_Domingo (UTC -04:00) |
| 143 | Ecuador - America/Guayaquil (UTC -05:00) |
| 144 | Ecuador - Pacific/Galapagos (UTC -06:00) |
| 145 | Egypt - Africa/Cairo (UTC +02:00) |
| 146 | El Salvador - America/El_Salvador (UTC -06:00) |
| 147 | Equatorial Guinea - Africa/Malabo (UTC +01:00) |
| 148 | Eritrea - Africa/Asmara (UTC +03:00) |
| 149 | Estonia - Europe/Tallinn (UTC +02:00) |
| 150 | Ethiopia - Africa/Addis_Ababa (UTC +03:00) |
| 151 | Falkland Islands (Malvinas) - Atlantic/Stanley (UTC -03:00) |
| 152 | Faroe Islands - Atlantic/Faroe (UTC) |
| 153 | Fiji - Pacific/Fiji (UTC +12:00) |
| 154 | Finland - Europe/Helsinki (UTC +02:00) |
| 155 | France - Europe/Paris (UTC +01:00) |
| 156 | French Guiana - America/Cayenne (UTC -03:00) |
| 157 | French Polynesia - Pacific/Gambier (UTC -09:00) |
| 158 | French Polynesia - Pacific/Marquesas (UTC -09:30) |
| 159 | French Polynesia - Pacific/Tahiti (UTC -10:00) |
| 160 | French Southern Territories - Indian/Kerguelen (UTC +05:00) |

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| 161 | Gabon - Africa/Librevalle (UTC +01:00) |
| 162 | Gambia - Africa/Banjul (UTC) |
| 163 | Georgia - Asia/Tbilisi (UTC +04:00) |
| 164 | Germany - Europe/Berlin (UTC +01:00) |
| 165 | Germany - Europe/Busingen (UTC +01:00) |
| 166 | Ghana - Africa/Accra (UTC) |
| 167 | Gibraltar - Europe/Gibraltar (UTC +01:00) |
| 168 | Greece - Europe/Athens (UTC +02:00) |
| 169 | Greenland - America/Danmarkshavn (UTC) |
| 170 | Greenland - America/Nuuk (UTC -03:00) |
| 171 | Greenland - America/Scoresbysund (UTC -01:00) |
| 172 | Greenland - America/Thule (UTC -03:00) |
| 173 | Grenada - America/Grenada (UTC -04:00) |
| 174 | Guadeloupe - America/Guadeloupe (UTC -04:00) |
| 175 | Guam - Pacific/Guam (UTC +10:00) |
| 176 | Guatemala - America/Guatemala (UTC -06:00) |
| 177 | Guernsey - Europe/Guernsey (UTC) |
| 178 | Guinea - Africa/Conakry (UTC) |
| 179 | Guinea-Bissau - Africa/Bissau (UTC) |
| 180 | Guyana - America/Guyana (UTC -04:00) |
| 181 | Haiti - America/Port-au-Prince (UTC -04:00) |
| 182 | Holy See (Vatican City State) - Europe/Vatican (UTC +01:00) |
| 183 | Honduras - America/Tegucigalpa (UTC -06:00) |
| 184 | Hong Kong - Asia/Hong_Kong (UTC +08:00) |
| 185 | Hungary - Europe/Budapest (UTC +01:00) |
| 186 | Iceland - Atlantic/Reykjavik (UTC) |
| 187 | India - Asia/Kolkata (UTC +05:30) |
| 188 | Indonesia - Asia/Jakarta (UTC +07:00) |
| 189 | Indonesia - Asia/Jayapura (UTC +09:00) |
| 190 | Indonesia - Asia/Makassar (UTC +08:00) |
| 191 | Indonesia - Asia/Pontianak (UTC +07:00), Islamic Republic of - Asia/Tehran (UTC +03:30) |
| 192 | Iran |
| 193 | Iraq - Asia/Baghdad (UTC +03:00) |
| 194 | Ireland - Europe/Dublin (UTC) |
| 195 | Isle of Man - Europe/Isle_of_Man (UTC) |
| 196 | Israel - Asia/Jerusalem (UTC +02:00) |

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| 197 | Italy - Europe/Rome (UTC +01:00) |
| 198 | Jamaica - America/Jamaica (UTC -05:00) |
| 199 | Japan - Asia/Tokyo (UTC +09:00) |
| 200 | Jersey - Europe/Jersey (UTC) |
| 201 | Jordan - Asia/Amman (UTC +03:00) |
| 202 | Kazakhstan - Asia/Almaty (UTC +06:00) |
| 203 | Kazakhstan - Asia/Aqttau (UTC +05:00) |
| 204 | Kazakhstan - Asia/Aqtobe (UTC +05:00) |
| 205 | Kazakhstan - Asia/Atyrau (UTC +05:00) |
| 206 | Kazakhstan - Asia/Oral (UTC +05:00) |
| 207 | Kazakhstan - Asia/Qostanay (UTC +06:00) |
| 208 | Kazakhstan - Asia/Qyzylorda (UTC +05:00) |
| 209 | Kenya - Africa/Nairobi (UTC +03:00) |
| 210 | Kiribati - Pacific/Enderbury (UTC +13:00) |
| 211 | Kiribati - Pacific/Kiritimati (UTC +14:00) |
| 212 | Kiribati - Pacific/Tarawa (UTC +12:00),Democratic People's Republic of - Asia/Pyongyang (UTC +09:00) |
| 213 | Korea,Republic of - Asia/Seoul (UTC +09:00) |
| 214 | Korea |
| 215 | Kuwait - Asia/Kuwait (UTC +03:00) |
| 216 | Kyrgyzstan - Asia/Bishkek (UTC +06:00) |
| 217 | Lao People's Democratic Republic - Asia/Vientiane (UTC +07:00) |
| 218 | Latvia - Europe/Riga (UTC +02:00) |
| 219 | Lebanon - Asia/Beirut (UTC +02:00) |
| 220 | Lesotho - Africa/Maseru (UTC +02:00) |
| 221 | Liberia - Africa/Monrovia (UTC) |
| 222 | Libya - Africa/Tripoli (UTC +02:00) |
| 223 | Liechtenstein - Europe/Vaduz (UTC +01:00) |
| 224 | Lithuania - Europe/Vilnius (UTC +02:00) |
| 225 | Luxembourg - Europe/Luxembourg (UTC +01:00) |
| 226 | Macao - Asia/Macau (UTC +08:00),the Former Yugoslav Republic of - Europe/Skopje (UTC +01:00) |
| 227 | Macedonia |
| 228 | Madagascar - Indian/Antananarivo (UTC +03:00) |
| 229 | Malawi - Africa/Blantyre (UTC +02:00) |
| 230 | Malaysia - Asia/Kuala_Lumpur (UTC +08:00) |
| 231 | Malaysia - Asia/Kuching (UTC +08:00) |
| 232 | Maldives - Indian/Maldives (UTC +05:00) |

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| 233 | Mali - Africa/Bamako (UTC) |
| 234 | Malta - Europe/Malta (UTC +01:00) |
| 235 | Marshall Islands - Pacific/Kwajalein (UTC +12:00) |
| 236 | Marshall Islands - Pacific/Majuro (UTC +12:00) |
| 237 | Martinique - America/Martinique (UTC -04:00) |
| 238 | Mauritania - Africa/Nouakchott (UTC) |
| 239 | Mauritius - Indian/Mauritius (UTC +04:00) |
| 240 | Mayotte - Indian/Mayotte (UTC +03:00) |
| 241 | Mexico - America/Bahia_Banderas (UTC -06:00) |
| 242 | Mexico - America/Cancun (UTC -05:00) |
| 243 | Mexico - America/Chihuahua (UTC -07:00) |
| 244 | Mexico - America/Hermosillo (UTC -07:00) |
| 245 | Mexico - America/Matamoros (UTC -05:00) |
| 246 | Mexico - America/Mazatlan (UTC -07:00) |
| 247 | Mexico - America/Merida (UTC -06:00) |
| 248 | Mexico - America/Mexico_City (UTC -06:00) |
| 249 | Mexico - America/Monterrey (UTC -06:00) |
| 250 | Mexico - America/Ojinaga (UTC -06:00) |
| 251 | Mexico - America/Tijuana (UTC -07:00),Federated States of - Pacific/Chuuk (UTC +10:00) |
| 252 | Micronesia,Federated States of - Pacific/Kosrae (UTC +11:00) |
| 253 | Micronesia,Federated States of - Pacific/Pohnpei (UTC +11:00) |
| 254 | Micronesia,Republic of - Europe/Chisinau (UTC +02:00) |
| 255 | Moldova |
| 256 | Monaco - Europe/Monaco (UTC +01:00) |
| 257 | Mongolia - Asia/Choibalsan (UTC +08:00) |
| 258 | Mongolia - Asia/Hovd (UTC +07:00) |
| 259 | Mongolia - Asia/Ulaanbaatar (UTC +08:00) |
| 260 | Montenegro - Europe/Podgorica (UTC +01:00) |
| 261 | Montserrat - America/Montserrat (UTC -04:00) |
| 262 | Morocco - Africa/Casablanca (UTC +01:00) |
| 263 | Mozambique - Africa/Maputo (UTC +02:00) |
| 264 | Myanmar - Asia/Yangon (UTC +06:30) |
| 265 | Namibia - Africa/Windhoek (UTC +02:00) |
| 266 | Nauru - Pacific/Nauru (UTC +12:00) |
| 267 | Nepal - Asia/Kathmandu (UTC +05:45) |
| 268 | Netherlands - Europe/Amsterdam (UTC +01:00) |

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| | | 269 New Caledonia - Pacific/Noumea (UTC +11:00) |
| | | 270 New Zealand - Pacific/Auckland (UTC +13:00) |
| | | 271 New Zealand - Pacific/Chatham (UTC +13:45) |
| | | 272 Nicaragua - America/Managua (UTC -06:00) |
| | | 273 Niger - Africa/Niamey (UTC +01:00) |
| | | 274 Nigeria - Africa/Lagos (UTC +01:00) |
| | | 275 Niue - Pacific/Niue (UTC -11:00) |
| | | 276 Norfolk Island - Pacific/Norfolk (UTC +12:00) |
| | | 277 Northern Mariana Islands - Pacific/Saipan (UTC +10:00) |
| | | 278 Norway - Europe/Oslo (UTC +01:00) |
| | | 279 Oman - Asia/Muscat (UTC +04:00) |
| | | 280 Pakistan - Asia/Karachi (UTC +05:00) |
| | | 281 Palau - Pacific/Palau (UTC +09:00),State of - Asia/Gaza (UTC +02:00) |
| | | 282 Palestine,State of - Asia/Hebron (UTC +02:00) |
| | | 283 Palestine |
| | | 284 Panama - America/Panama (UTC -05:00) |
| | | 285 Papua New Guinea - Pacific/Bougainville (UTC +11:00) |
| | | 286 Papua New Guinea - Pacific/Port_Moresby (UTC +10:00) |
| | | 287 Paraguay - América/Asuncion (UTC -03:00) |
| | | 288 Peru - America/Lima (UTC -05:00) |
| | | 289 Philippines - Asia/Manila (UTC +08:00) |
| | | 290 Pitcairn - Pacific/Pitcairn (UTC -08:00) |
| | | 291 Poland - Europe/Warsaw (UTC +01:00) |
| | | 292 Portugal - Atlantic/Azores (UTC -01:00) |
| | | 293 Portugal - Atlantic/Madeira (UTC) |
| | | 294 Portugal - Europe/Lisbon (UTC) |
| | | 295 Puerto Rico - America/Puerto_Rico (UTC -04:00) |
| | | 296 Qatar - Asia/Qatar (UTC +03:00) |
| | | 297 Romania - Europe/Bucharest (UTC +02:00) |
| | | 298 Russian Federation - Asia/Anadyr (UTC +12:00) |
| | | 299 Russian Federation - Asia/Barnaul (UTC +07:00) |
| | | 300 Russian Federation - Asia/Chita (UTC +09:00) |
| | | 301 Russian Federation - Asia/Irkutsk (UTC +08:00) |
| | | 302 Russian Federation - Asia/Kamchatka (UTC +12:00) |
| | | 303 Russian Federation - Asia/Khandyga (UTC +09:00) |
| | | 304 Russian Federation - Asia/Krasnoyarsk (UTC +07:00) |
| | | 305 Russian Federation - Asia/Magadan (UTC +11:00) |

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| 306 | Russian Federation - Asia/Novokuznetsk (UTC +07:00) |
| 307 | Russian Federation - Asia/Novosibirsk (UTC +07:00) |
| 308 | Russian Federation - Asia/Omsk (UTC +06:00) |
| 309 | Russian Federation - Asia/Sakhalin (UTC +11:00) |
| 310 | Russian Federation - Asia/Srednekolymsk (UTC +11:00) |
| 311 | Russian Federation - Asia/Tomsk (UTC +07:00) |
| 312 | Russian Federation - Asia/Ust-Nera (UTC +10:00) |
| 313 | Russian Federation - Asia/Vladivostok (UTC +10:00) |
| 314 | Russian Federation - Asia/Yakutsk (UTC +09:00) |
| 315 | Russian Federation - Asia/Yekaterinburg (UTC +05:00) |
| 316 | Russian Federation - Europe/Astrakhan (UTC +04:00) |
| 317 | Russian Federation - Europe/Kaliningrad (UTC +02:00) |
| 318 | Russian Federation - Europe/Kirov (UTC +03:00) |
| 319 | Russian Federation - Europe/Moscow (UTC +03:00) |
| 320 | Russian Federation - Europe/Samara (UTC +04:00) |
| 321 | Russian Federation - Europe/Saratov (UTC +04:00) |
| 322 | Russian Federation - Europe/Ulyanovsk (UTC +04:00) |
| 323 | Russian Federation - Europe/Volgograd (UTC +04:00) |
| 324 | Rwanda - Africa/Kigali (UTC +02:00) |
| 325 | Réunion - Indian/Reunion (UTC +04:00) |
| 326 | Saint Barthélemy - America/St_Barthélémy (UTC -04:00),Ascension and Tristan da Cunha - Atlantic/St_Helena (UTC) |
| 327 | Saint Helena |
| 328 | Saint Kitts and Nevis - America/St_Kitts (UTC -04:00) |
| 329 | Saint Lucia - America/St_Lucia (UTC -04:00) |
| 330 | Saint Martin (French part) - America/Marigot (UTC -04:00) |
| 331 | Saint Pierre and Miquelon - America/Miquelon (UTC -02:00) |
| 332 | Saint Vincent and the Grenadines - America/St_Vincent (UTC -04:00) |
| 333 | Samoa - Pacific/Apia (UTC +14:00) |
| 334 | San Marino - Europe/San_Marino (UTC +01:00) |
| 335 | Sao Tome and Principe - Africa/Sao_Tome (UTC) |
| 336 | Saudi Arabia - Asia/Riyadh (UTC +03:00) |
| 337 | Senegal - Africa/Dakar (UTC) |
| 338 | Serbia - Europe/Belgrade (UTC +01:00) |
| 339 | Seychelles - Indian/Mahe (UTC +04:00) |
| 340 | Sierra Leone - Africa/Freetown (UTC) |
| 341 | Singapore - Asia/Singapore (UTC +08:00) |

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| 342 | Sint Maarten (Dutch part) - America/Lower_Princes (UTC -04:00) |
| 343 | Slovakia - Europe/Bratislava (UTC +01:00) |
| 344 | Slovenia - Europe/Ljubljana (UTC +01:00) |
| 345 | Solomon Islands - Pacific/Guadalcanal (UTC +11:00) |
| 346 | Somalia - Africa/Mogadishu (UTC +03:00) |
| 347 | South Africa - Africa/Johannesburg (UTC +02:00) |
| 348 | South Georgia and the South Sandwich Islands - Atlantic/South_Georgia (UTC -02:00) |
| 349 | South Sudan - Africa/Juba (UTC +03:00) |
| 350 | Spain - Africa/Ceuta (UTC +01:00) |
| 351 | Spain - Atlantic/Canary (UTC) |
| 352 | Spain - Europe/Madrid (UTC +01:00) |
| 353 | Sri Lanka - Asia/Colombo (UTC +05:30) |
| 354 | Sudan - Africa/Khartoum (UTC +02:00) |
| 355 | Suriname - America/Paramaribo (UTC -03:00) |
| 356 | Svalbard and Jan Mayen - Arctic/Longyearbyen (UTC +01:00) |
| 357 | Swaziland - Africa/Mbabane (UTC +02:00) |
| 358 | Sweden - Europe/Stockholm (UTC +01:00) |
| 359 | Switzerland - Europe/Zurich (UTC +01:00) |
| 360 | Syrian Arab Republic - Asia/Damascus (UTC +03:00),Province of China - Asia/Taipei (UTC +08:00) |
| 361 | Taiwan |
| 362 | Tajikistan - Asia/Dushanbe (UTC +05:00),United Republic of - Africa/Dar_es_Salaam (UTC +03:00) |
| 363 | Tanzania |
| 364 | Thailand - Asia/Bangkok (UTC +07:00) |
| 365 | Timor-Leste - Asia/Dili (UTC +09:00) |
| 366 | Togo - Africa/Lome (UTC) |
| 367 | Tokelau - Pacific/Fakaofo (UTC +13:00) |
| 368 | Tonga - Pacific/Tongatapu (UTC +13:00) |
| 369 | Trinidad and Tobago - America/Port_of_Spain (UTC -04:00) |
| 370 | Tunisia - Africa/Tunis (UTC +01:00) |
| 371 | Turkey - Europe/Istanbul (UTC +03:00) |
| 372 | Turkmenistan - Asia/Ashgabat (UTC +05:00) |
| 373 | Turks and Caicos Islands - America/Grand_Turk (UTC -04:00) |
| 374 | Tuvalu - Pacific/Funafuti (UTC +12:00) |
| 375 | Uganda - Africa/Kampala (UTC +03:00) |
| 376 | Ukraine - Europe/Kiev (UTC +02:00) |

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| 377 | Ukraine - Europe/Simferopol (UTC +03:00) |
| 378 | Ukraine - Europe/Uzhgorod (UTC +02:00) |
| 379 | Ukraine - Europe/Zaporozhye (UTC +02:00) |
| 380 | United Arab Emirates - Asia/Dubai (UTC +04:00) |
| 381 | United Kingdom - Europe/London (UTC) |
| 382 | United States - America/Adak (UTC -09:00) |
| 383 | United States - America/Anchorage (UTC -08:00) |
| 384 | United States - America/Boise (UTC -06:00) |
| 385 | United States - America/Chicago (UTC -05:00) |
| 386 | United States - America/Denver (UTC -06:00) |
| 387 | United States - America/Detroit (UTC -04:00) |
| 388 | United States - America/Indiana/Indianapolis (UTC -04:00) |
| 389 | United States - America/Indiana/Knox (UTC -05:00) |
| 390 | United States - America/Indiana/Marengo (UTC -04:00) |
| 391 | United States - America/Indiana/Petersburg (UTC -04:00) |
| 392 | United States - America/Indiana/Tell_City (UTC -05:00) |
| 393 | United States - America/Indiana/Vevay (UTC -04:00) |
| 394 | United States - America/Indiana/Vincennes (UTC -04:00) |
| 395 | United States - America/Indiana/Winamac (UTC -04:00) |
| 396 | United States - America/Juneau (UTC -08:00) |
| 397 | United States - America/Kentucky/Louisville (UTC -04:00) |
| 398 | United States - America/Kentucky/Monticello (UTC -04:00) |
| 399 | United States - America/Los_Angeles (UTC -07:00) |
| 400 | United States - America/Menominee (UTC -05:00) |
| 401 | United States - America/Metlakatla (UTC -08:00) |
| 402 | United States - America/New_York (UTC -04:00) |
| 403 | United States - America/Nome (UTC -08:00) |
| 404 | United States - America/North_Dakota/Beulah (UTC -05:00) |
| 405 | United States - America/North_Dakota/Center (UTC -05:00) |
| 406 | United States - America/North_Dakota/New_Salem (UTC -05:00) |
| 407 | United States - America/Phoenix (UTC -07:00) |
| 408 | United States - America/Sitka (UTC -08:00) |
| 409 | United States - America/Yakutat (UTC -08:00) |
| 410 | United States - Pacific/Honolulu (UTC -10:00) |
| 411 | United States Minor Outlying Islands - Pacific/Midway (UTC -11:00) |
| 412 | United States Minor Outlying Islands - Pacific/Wake (UTC +12:00) |
| 413 | Uruguay - America/Montevideo (UTC -03:00) |

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| | | | <table border="1"> <tr><td>414</td><td>Uzbekistan - Asia/Samarkand (UTC +05:00)</td></tr> <tr><td>415</td><td>Uzbekistan - Asia/Tashkent (UTC +05:00)</td></tr> <tr><td>416</td><td>Vanuatu - Pacific/Efate (UTC +11:00),Bolivarian Republic of - America/Caracas (UTC -04:00)</td></tr> <tr><td>417</td><td>Venezuela</td></tr> <tr><td>418</td><td>Viet Nam - Asia/Ho_Chi_Minh (UTC +07:00),British - America/Tortola (UTC -04:00)</td></tr> <tr><td>419</td><td>Virgin Islands,U.S. - America/St_Thomas (UTC -04:00)</td></tr> <tr><td>420</td><td>Virgin Islands</td></tr> <tr><td>421</td><td>Wallis and Futuna - Pacific/Wallis (UTC +12:00)</td></tr> <tr><td>422</td><td>Western Sahara - Africa/El_Aaiun (UTC +01:00)</td></tr> <tr><td>423</td><td>Yemen - Asia/Aden (UTC +03:00)</td></tr> <tr><td>424</td><td>Zambia - Africa/Lusaka (UTC +02:00)</td></tr> <tr><td>425</td><td>Zimbabwe - Africa/Harare (UTC +02:00)</td></tr> </table> | 414 | Uzbekistan - Asia/Samarkand (UTC +05:00) | 415 | Uzbekistan - Asia/Tashkent (UTC +05:00) | 416 | Vanuatu - Pacific/Efate (UTC +11:00),Bolivarian Republic of - America/Caracas (UTC -04:00) | 417 | Venezuela | 418 | Viet Nam - Asia/Ho_Chi_Minh (UTC +07:00),British - America/Tortola (UTC -04:00) | 419 | Virgin Islands,U.S. - America/St_Thomas (UTC -04:00) | 420 | Virgin Islands | 421 | Wallis and Futuna - Pacific/Wallis (UTC +12:00) | 422 | Western Sahara - Africa/El_Aaiun (UTC +01:00) | 423 | Yemen - Asia/Aden (UTC +03:00) | 424 | Zambia - Africa/Lusaka (UTC +02:00) | 425 | Zimbabwe - Africa/Harare (UTC +02:00) |
| 414 | Uzbekistan - Asia/Samarkand (UTC +05:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 415 | Uzbekistan - Asia/Tashkent (UTC +05:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 416 | Vanuatu - Pacific/Efate (UTC +11:00),Bolivarian Republic of - America/Caracas (UTC -04:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 417 | Venezuela | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 418 | Viet Nam - Asia/Ho_Chi_Minh (UTC +07:00),British - America/Tortola (UTC -04:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 419 | Virgin Islands,U.S. - America/St_Thomas (UTC -04:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 420 | Virgin Islands | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 421 | Wallis and Futuna - Pacific/Wallis (UTC +12:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 422 | Western Sahara - Africa/El_Aaiun (UTC +01:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 423 | Yemen - Asia/Aden (UTC +03:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 424 | Zambia - Africa/Lusaka (UTC +02:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 425 | Zimbabwe - Africa/Harare (UTC +02:00) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 | [slypos_demographics_work_or_school] | Do you primarily go to work or to school? | radio, Required <table border="1"> <tr><td>1</td><td>Work</td></tr> <tr><td>2</td><td>School</td></tr> <tr><td>3</td><td>Neither</td></tr> </table> | 1 | Work | 2 | School | 3 | Neither | | | | | | | | | | | | | | | | | | |
| 1 | Work | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | School | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Neither | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | [slypos_demographics_school] | During the last four weeks, I have worked/studied in... | radio, Required <table border="1"> <tr><td>1</td><td>Home office/Home schooling</td></tr> <tr><td>2</td><td>Face-to-face work/Face-to-face schooling</td></tr> <tr><td>3</td><td>Combination of home- and face-to-face- work/schooling</td></tr> <tr><td>4</td><td>Neither (no work or school, or in vacation)</td></tr> </table> | 1 | Home office/Home schooling | 2 | Face-to-face work/Face-to-face schooling | 3 | Combination of home- and face-to-face- work/schooling | 4 | Neither (no work or school, or in vacation) | | | | | | | | | | | | | | | | |
| 1 | Home office/Home schooling | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Face-to-face work/Face-to-face schooling | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Combination of home- and face-to-face- work/schooling | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Neither (no work or school, or in vacation) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 | [slypos_demographics_attentioncheck] | We want to make sure you are paying attention. What is 4+5? | text (integer), Required | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 | [demographic_information_complete] | Section Header: <i>Form Status</i> Complete? | dropdown <table border="1"> <tr><td>0</td><td>Incomplete</td></tr> <tr><td>1</td><td>Unverified</td></tr> <tr><td>2</td><td>Complete</td></tr> </table> | 0 | Incomplete | 1 | Unverified | 2 | Complete | | | | | | | | | | | | | | | | | | |
| 0 | Incomplete | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Unverified | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Complete | | | | | | | | | | | | | | | | | | | | | | | | | | |

Instrument: Further information about you (further_information_about_you)  Enabled as survey

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|----|---|---|---|---|----------------------------|---|--------------------|---|------------------------|
| 29 | [slypos_puberty_skip] | If this page is empty, please click on "Submit". | descriptive | | | | | | |
| 30 | [slypos_puberty_title] Show the field ONLY if: [slypos_demographics_age] < '18' | Introduction: The next questions are about changes that may be happening to your body. These changes normally happen to different young people at different ages. Since they may have something to do with your sleep patterns, do your best to answer carefully. If you do not understand a question or do not know the answer, just mark "I don't know". If you prefer not to respond, please select "Prefer not to say". | descriptive | | | | | | |
| 31 | [slypos_puberty_01] Show the field ONLY if: [slypos_demographics_age] < '18' | Would you say that your growth in height: | radio, Required <table border="1"> <tr><td>1</td><td>Has not yet begun to spurt</td></tr> <tr><td>2</td><td>Has barely started</td></tr> <tr><td>3</td><td>Is definitely underway</td></tr> </table> | 1 | Has not yet begun to spurt | 2 | Has barely started | 3 | Is definitely underway |
| 1 | Has not yet begun to spurt | | | | | | | | |
| 2 | Has barely started | | | | | | | | |
| 3 | Is definitely underway | | | | | | | | |

| | | | | | | | | | | | | | | | |
|----|--|--|--|---|---|---|--|---|---|---|-----------------------------------|---|--------------|---|-------------------|
| | | | <table border="1"> <tr><td>4</td><td>Seems completed</td></tr> <tr><td>5</td><td>I don't know</td></tr> <tr><td>6</td><td>Prefer not to say</td></tr> </table> | 4 | Seems completed | 5 | I don't know | 6 | Prefer not to say | | | | | | |
| 4 | Seems completed | | | | | | | | | | | | | | |
| 5 | I don't know | | | | | | | | | | | | | | |
| 6 | Prefer not to say | | | | | | | | | | | | | | |
| 32 | <p>[slypos_puberty_02]</p> <p>Show the field ONLY if: [slypos_demographics_age] < '18'</p> | <p>And how about the growth of your body hair? Would you say that your body hair growth <i>"Body hair" means hair any place other than your head, such as under your arms.</i></p> | radio, Required <table border="1"> <tr><td>1</td><td>Has not yet begun</td></tr> <tr><td>2</td><td>Has barely started</td></tr> <tr><td>3</td><td>Is definitely underway</td></tr> <tr><td>4</td><td>Seems completed</td></tr> <tr><td>5</td><td>I don't know</td></tr> <tr><td>6</td><td>Prefer not to say</td></tr> </table> | 1 | Has not yet begun | 2 | Has barely started | 3 | Is definitely underway | 4 | Seems completed | 5 | I don't know | 6 | Prefer not to say |
| 1 | Has not yet begun | | | | | | | | | | | | | | |
| 2 | Has barely started | | | | | | | | | | | | | | |
| 3 | Is definitely underway | | | | | | | | | | | | | | |
| 4 | Seems completed | | | | | | | | | | | | | | |
| 5 | I don't know | | | | | | | | | | | | | | |
| 6 | Prefer not to say | | | | | | | | | | | | | | |
| 33 | <p>[slypos_puberty_03]</p> <p>Show the field ONLY if: [slypos_demographics_age] < '18'</p> | Have you noticed any skin changes, especially pimples? | radio, Required <table border="1"> <tr><td>1</td><td>Skin has not yet started changing</td></tr> <tr><td>2</td><td>Skin has barely started changing</td></tr> <tr><td>3</td><td>Skin changes are definitely underway</td></tr> <tr><td>4</td><td>Skin changes seem complete</td></tr> <tr><td>5</td><td>I don't know</td></tr> <tr><td>6</td><td>Prefer not to say</td></tr> </table> | 1 | Skin has not yet started changing | 2 | Skin has barely started changing | 3 | Skin changes are definitely underway | 4 | Skin changes seem complete | 5 | I don't know | 6 | Prefer not to say |
| 1 | Skin has not yet started changing | | | | | | | | | | | | | | |
| 2 | Skin has barely started changing | | | | | | | | | | | | | | |
| 3 | Skin changes are definitely underway | | | | | | | | | | | | | | |
| 4 | Skin changes seem complete | | | | | | | | | | | | | | |
| 5 | I don't know | | | | | | | | | | | | | | |
| 6 | Prefer not to say | | | | | | | | | | | | | | |
| 34 | <p>[slypos_puberty_boys_01]</p> <p>Show the field ONLY if: [slypos_demographics_age] < '18' and [slypos_demographics_sex] = '2'</p> | Have you noticed a deepening of your voice? | radio, Required <table border="1"> <tr><td>1</td><td>Voice has not yet started changing</td></tr> <tr><td>2</td><td>Voice has barely started changing</td></tr> <tr><td>3</td><td>Voice changes are definitely underway</td></tr> <tr><td>4</td><td>Voice changes seem complete</td></tr> <tr><td>5</td><td>I don't know</td></tr> <tr><td>6</td><td>Prefer not to say</td></tr> </table> | 1 | Voice has not yet started changing | 2 | Voice has barely started changing | 3 | Voice changes are definitely underway | 4 | Voice changes seem complete | 5 | I don't know | 6 | Prefer not to say |
| 1 | Voice has not yet started changing | | | | | | | | | | | | | | |
| 2 | Voice has barely started changing | | | | | | | | | | | | | | |
| 3 | Voice changes are definitely underway | | | | | | | | | | | | | | |
| 4 | Voice changes seem complete | | | | | | | | | | | | | | |
| 5 | I don't know | | | | | | | | | | | | | | |
| 6 | Prefer not to say | | | | | | | | | | | | | | |
| 35 | <p>[slypos_puberty_boys_02]</p> <p>Show the field ONLY if: [slypos_demographics_age] < '18' and [slypos_demographics_sex] = '2'</p> | Have you begun to grow hair on your face? | radio, Required <table border="1"> <tr><td>1</td><td>Facial hair has not yet started growing</td></tr> <tr><td>2</td><td>Facial hair has barely started growing</td></tr> <tr><td>3</td><td>Facial hair growth has definitely started</td></tr> <tr><td>4</td><td>Facial hair growth seems complete</td></tr> <tr><td>5</td><td>I don't know</td></tr> <tr><td>6</td><td>Prefer not to say</td></tr> </table> | 1 | Facial hair has not yet started growing | 2 | Facial hair has barely started growing | 3 | Facial hair growth has definitely started | 4 | Facial hair growth seems complete | 5 | I don't know | 6 | Prefer not to say |
| 1 | Facial hair has not yet started growing | | | | | | | | | | | | | | |
| 2 | Facial hair has barely started growing | | | | | | | | | | | | | | |
| 3 | Facial hair growth has definitely started | | | | | | | | | | | | | | |
| 4 | Facial hair growth seems complete | | | | | | | | | | | | | | |
| 5 | I don't know | | | | | | | | | | | | | | |
| 6 | Prefer not to say | | | | | | | | | | | | | | |
| 36 | <p>[slypos_puberty_girl_01]</p> <p>Show the field ONLY if: [slypos_demographics_age] < '18' and [slypos_demographics_sex] = '1'</p> | Have you noticed that your breasts have begun to grow? | radio, Required <table border="1"> <tr><td>1</td><td>Breasts have not yet started growing</td></tr> <tr><td>2</td><td>Breasts have barely started growing</td></tr> <tr><td>3</td><td>Breast growth is definitely underway</td></tr> <tr><td>4</td><td>Breast growth seems complete</td></tr> <tr><td>5</td><td>I don't know</td></tr> </table> | 1 | Breasts have not yet started growing | 2 | Breasts have barely started growing | 3 | Breast growth is definitely underway | 4 | Breast growth seems complete | 5 | I don't know | | |
| 1 | Breasts have not yet started growing | | | | | | | | | | | | | | |
| 2 | Breasts have barely started growing | | | | | | | | | | | | | | |
| 3 | Breast growth is definitely underway | | | | | | | | | | | | | | |
| 4 | Breast growth seems complete | | | | | | | | | | | | | | |
| 5 | I don't know | | | | | | | | | | | | | | |

| | | | |
|----|--|---|--|
| | | | <input type="checkbox"/> 6 Prefer not to say |
| 37 | [slypos_puberty_girls_02] Show the field ONLY if: [slypos_demographics_age] < '18' and [slypos_demographics_sex] = '1' | Have you begun to menstruate (started to have your period)? | radio, Required <input type="checkbox"/> 1 Yes <input type="checkbox"/> 2 No <input type="checkbox"/> 3 Prefer not to say |
| 38 | [slypos_puberty_girls_03] Show the field ONLY if: [slypos_demographics_age] < '18' and [slypos_demographics_sex] = '1' and [slypos_puberty_girls_02] = '1' | If yes, how old were you when you started to menstruate? <i>Age in years</i> | text (number, Min: 0, Max: 25), Required |
| 39 | [further_information_about_you_complete] | Section Header: <i>Form Status</i> Complete? | dropdown <input type="checkbox"/> 0 Incomplete <input type="checkbox"/> 1 Unverified <input type="checkbox"/> 2 Complete |

Instrument: Your sleep environment (your_sleep_environment)  Enabled as survey

| | | | |
|----|--------------------|---|---|
| 40 | [slypos_ase_title] | I have difficulty sleeping because the place where I sleep... | descriptive |
| 41 | [slypos_ase_001] | Has too much light | radio, Required <input type="checkbox"/> 1 Strongly agree <input type="checkbox"/> 2 Agree <input type="checkbox"/> 3 Disagree <input type="checkbox"/> 4 Strongly disagree |
| 42 | [slypos_ase_002] | Is too dark | radio, Required <input type="checkbox"/> 1 Strongly agree <input type="checkbox"/> 2 Agree <input type="checkbox"/> 3 Disagree <input type="checkbox"/> 4 Strongly disagree |
| 43 | [slypos_ase_003] | Is too noisy | radio, Required <input type="checkbox"/> 1 Strongly agree <input type="checkbox"/> 2 Agree <input type="checkbox"/> 3 Disagree <input type="checkbox"/> 4 Strongly disagree |
| 44 | [slypos_ase_004] | Is too quiet | radio, Required <input type="checkbox"/> 1 Strongly agree <input type="checkbox"/> 2 Agree <input type="checkbox"/> 3 Disagree <input type="checkbox"/> 4 Strongly disagree |
| 45 | [slypos_ase_005] | Is too warm | radio, Required <input type="checkbox"/> 1 Strongly agree |

| | | | | | | | | | | | |
|----|-----------------------------|---|--|---|----------------|---|----------|---|-------------------|---|-------------------|
| | | | <table border="1"> <tr><td>2</td><td>Agree</td></tr> <tr><td>3</td><td>Disagree</td></tr> <tr><td>4</td><td>Strongly disagree</td></tr> </table> | 2 | Agree | 3 | Disagree | 4 | Strongly disagree | | |
| 2 | Agree | | | | | | | | | | |
| 3 | Disagree | | | | | | | | | | |
| 4 | Strongly disagree | | | | | | | | | | |
| 46 | [slypos_ase_006] | Is too cool | radio, Required <table border="1"> <tr><td>1</td><td>Strongly agree</td></tr> <tr><td>2</td><td>Agree</td></tr> <tr><td>3</td><td>Disagree</td></tr> <tr><td>4</td><td>Strongly disagree</td></tr> </table> | 1 | Strongly agree | 2 | Agree | 3 | Disagree | 4 | Strongly disagree |
| 1 | Strongly agree | | | | | | | | | | |
| 2 | Agree | | | | | | | | | | |
| 3 | Disagree | | | | | | | | | | |
| 4 | Strongly disagree | | | | | | | | | | |
| 47 | [slypos_ase_007] | Is too humid | radio, Required <table border="1"> <tr><td>1</td><td>Strongly agree</td></tr> <tr><td>2</td><td>Agree</td></tr> <tr><td>3</td><td>Disagree</td></tr> <tr><td>4</td><td>Strongly disagree</td></tr> </table> | 1 | Strongly agree | 2 | Agree | 3 | Disagree | 4 | Strongly disagree |
| 1 | Strongly agree | | | | | | | | | | |
| 2 | Agree | | | | | | | | | | |
| 3 | Disagree | | | | | | | | | | |
| 4 | Strongly disagree | | | | | | | | | | |
| 48 | [slypos_ase_attentioncheck] | We want to make sure that you are paying attention. Please select "Strongly disagree" here. | radio, Required <table border="1"> <tr><td>1</td><td>Strongly agree</td></tr> <tr><td>2</td><td>Agree</td></tr> <tr><td>3</td><td>Disagree</td></tr> <tr><td>4</td><td>Strongly disagree</td></tr> </table> | 1 | Strongly agree | 2 | Agree | 3 | Disagree | 4 | Strongly disagree |
| 1 | Strongly agree | | | | | | | | | | |
| 2 | Agree | | | | | | | | | | |
| 3 | Disagree | | | | | | | | | | |
| 4 | Strongly disagree | | | | | | | | | | |
| 49 | [slypos_ase_008] | Has an uncomfortable smell | radio, Required <table border="1"> <tr><td>1</td><td>Strongly agree</td></tr> <tr><td>2</td><td>Agree</td></tr> <tr><td>3</td><td>Disagree</td></tr> <tr><td>4</td><td>Strongly disagree</td></tr> </table> | 1 | Strongly agree | 2 | Agree | 3 | Disagree | 4 | Strongly disagree |
| 1 | Strongly agree | | | | | | | | | | |
| 2 | Agree | | | | | | | | | | |
| 3 | Disagree | | | | | | | | | | |
| 4 | Strongly disagree | | | | | | | | | | |
| 50 | [slypos_ase_009] | Has uncomfortable pillows or blankets | radio, Required <table border="1"> <tr><td>1</td><td>Strongly agree</td></tr> <tr><td>2</td><td>Agree</td></tr> <tr><td>3</td><td>Disagree</td></tr> <tr><td>4</td><td>Strongly disagree</td></tr> </table> | 1 | Strongly agree | 2 | Agree | 3 | Disagree | 4 | Strongly disagree |
| 1 | Strongly agree | | | | | | | | | | |
| 2 | Agree | | | | | | | | | | |
| 3 | Disagree | | | | | | | | | | |
| 4 | Strongly disagree | | | | | | | | | | |
| 51 | [slypos_ase_010] | Has a mattress or other sleeping surface that is too firm | radio, Required <table border="1"> <tr><td>1</td><td>Strongly agree</td></tr> <tr><td>2</td><td>Agree</td></tr> <tr><td>3</td><td>Disagree</td></tr> <tr><td>4</td><td>Strongly disagree</td></tr> </table> | 1 | Strongly agree | 2 | Agree | 3 | Disagree | 4 | Strongly disagree |
| 1 | Strongly agree | | | | | | | | | | |
| 2 | Agree | | | | | | | | | | |
| 3 | Disagree | | | | | | | | | | |
| 4 | Strongly disagree | | | | | | | | | | |
| 52 | [slypos_ase_011] | Has a mattress or other sleeping surface that is too soft | radio, Required <table border="1"> <tr><td>1</td><td>Strongly agree</td></tr> <tr><td>2</td><td>Agree</td></tr> <tr><td>3</td><td>Disagree</td></tr> </table> | 1 | Strongly agree | 2 | Agree | 3 | Disagree | | |
| 1 | Strongly agree | | | | | | | | | | |
| 2 | Agree | | | | | | | | | | |
| 3 | Disagree | | | | | | | | | | |

| | | | |
|----|-----------------------------------|---|---|
| | | | <input type="checkbox"/> 4 Strongly disagree |
| 53 | [slypos_ase_012] | Has a mattress or other sleeping surface that is uncomfortable for another reason | radio, Required <input type="checkbox"/> 1 Strongly agree <input type="checkbox"/> 2 Agree <input type="checkbox"/> 3 Disagree <input type="checkbox"/> 4 Strongly disagree |
| 54 | [slypos_ase_0123] | Does not feel safe or secure | radio, Required <input type="checkbox"/> 1 Strongly agree <input type="checkbox"/> 2 Agree <input type="checkbox"/> 3 Disagree <input type="checkbox"/> 4 Strongly disagree |
| 55 | [your_sleep_environment_complete] | Section Header: <i>Form Status</i> Complete? | dropdown <input type="checkbox"/> 0 Incomplete <input type="checkbox"/> 1 Unverified <input type="checkbox"/> 2 Complete |

Instrument: Your sensitivity to light (your_sensitivity_to_light) 

| | | | |
|----|----------------|--|--|
| 56 | [slypos_paq_1] | I prefer summer to winter because winter dreariness makes me sad. | yesno, Required <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No |
| 57 | [slypos_paq_2] | If I could, I would be happier to go out after dusk rather than during the day. | yesno, Required <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No |
| 58 | [slypos_paq_3] | Often in winter, I'd like to go to the other hemisphere where it is summer time. | yesno, Required <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No |
| 59 | [slypos_paq_4] | My ideal house has large windows. | yesno, Required <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No |
| 60 | [slypos_paq_5] | I like cloudy days. | radio, Required <input type="checkbox"/> 0 Yes <input type="checkbox"/> 1 No |
| 61 | [slypos_paq_6] | Sunlight is so annoying to me, that I have to wear sunglasses when I go out. | yesno, Required <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No |

| | | | | | | | | | |
|----|--------------------------------------|---|--|---|------------|---|------------|---|----------|
| 62 | [slypos_paq_7] | I prefer to stay at home on sunny days, even if it is not warm. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 63 | [slypos_paq_8] | I feel reborn in spring when the days start to become longer. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 64 | [slypos_paq_9] | Usually, strong sunlight annoys me. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 65 | [slypos_paq_10] | I prefer rooms that are in semi-darkness. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 66 | [slypos_paq_11] | I prefer sunlight to semi-darkness. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 67 | [slypos_paq_12] | Looking at a very bright view annoys me. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 68 | [slypos_paq_13] | I can't stand light reflecting off snow. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 69 | [slypos_paq_14] | I think summer annoys me because it's too bright. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 70 | [slypos_paq_15] | Sunlight is like therapy for me. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 71 | [slypos_paq_16] | I prefer walking in the sunlight if the weather is cool. | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 72 | [your_sensitivity_to_light_complete] | Section Header: <i>Form Status</i> Complete? | dropdown <table border="1"><tr><td>0</td><td>Incomplete</td></tr><tr><td>1</td><td>Unverified</td></tr><tr><td>2</td><td>Complete</td></tr></table> | 0 | Incomplete | 1 | Unverified | 2 | Complete |
| 0 | Incomplete | | | | | | | | |
| 1 | Unverified | | | | | | | | |
| 2 | Complete | | | | | | | | |

Instrument: Your sleep (*your_sleep*)  Enabled as survey

| | | | |
|----|------------------------------|------------------------|-------------|
| 73 | [slypos_promis_sd_ped_title] | In the past 4 weeks... | descriptive |
| | Show the field ONLY if: | | |

| | | | | | | | | | | | | | |
|----|---|---|--|---|-------|---|--------------|---|-----------|---|---------------|---|--------|
| | [slypos_demographics_age] < '18' | | | | | | | | | | | | |
| 74 | [slypos_promis_sd_ped_01] Show the field ONLY if: [slypos_demographics_age] < '18' | I had difficulty falling asleep. | radio, Required <table border="1"><tr><td>1</td><td>Never</td></tr><tr><td>2</td><td>Almost never</td></tr><tr><td>3</td><td>Sometimes</td></tr><tr><td>4</td><td>Almost always</td></tr><tr><td>5</td><td>Always</td></tr></table> | 1 | Never | 2 | Almost never | 3 | Sometimes | 4 | Almost always | 5 | Always |
| 1 | Never | | | | | | | | | | | | |
| 2 | Almost never | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | |
| 4 | Almost always | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | |
| 75 | [slypos_promis_sd_ped_02] Show the field ONLY if: [slypos_demographics_age] < '18' | I slept through the night. | radio, Required <table border="1"><tr><td>5</td><td>Never</td></tr><tr><td>4</td><td>Almost never</td></tr><tr><td>3</td><td>Sometimes</td></tr><tr><td>2</td><td>Almost always</td></tr><tr><td>1</td><td>Always</td></tr></table> | 5 | Never | 4 | Almost never | 3 | Sometimes | 2 | Almost always | 1 | Always |
| 5 | Never | | | | | | | | | | | | |
| 4 | Almost never | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | |
| 2 | Almost always | | | | | | | | | | | | |
| 1 | Always | | | | | | | | | | | | |
| 76 | [slypos_promis_sd_ped_03] Show the field ONLY if: [slypos_demographics_age] < '18' | I had a problem with my sleep. | radio, Required <table border="1"><tr><td>1</td><td>Never</td></tr><tr><td>2</td><td>Almost never</td></tr><tr><td>3</td><td>Sometimes</td></tr><tr><td>4</td><td>Almost always</td></tr><tr><td>5</td><td>Always</td></tr></table> | 1 | Never | 2 | Almost never | 3 | Sometimes | 4 | Almost always | 5 | Always |
| 1 | Never | | | | | | | | | | | | |
| 2 | Almost never | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | |
| 4 | Almost always | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | |
| 77 | [slypos_promis_sd_ped_04] Show the field ONLY if: [slypos_demographics_age] < '18' | I had trouble sleeping. | radio, Required <table border="1"><tr><td>1</td><td>Never</td></tr><tr><td>2</td><td>Almost never</td></tr><tr><td>3</td><td>Sometimes</td></tr><tr><td>4</td><td>Almost always</td></tr><tr><td>5</td><td>Always</td></tr></table> | 1 | Never | 2 | Almost never | 3 | Sometimes | 4 | Almost always | 5 | Always |
| 1 | Never | | | | | | | | | | | | |
| 2 | Almost never | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | |
| 4 | Almost always | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | |
| 78 | [slypos_promis_si_ped_title] Show the field ONLY if: [slypos_demographics_age] < '18' | In the past 4 weeks... | descriptive | | | | | | | | | | |
| 79 | [slypos_promis_si_ped_01] Show the field ONLY if: [slypos_demographics_age] < '18' | I was sleepy during the daytime. | radio, Required <table border="1"><tr><td>1</td><td>Never</td></tr><tr><td>2</td><td>Almost never</td></tr><tr><td>3</td><td>Sometimes</td></tr><tr><td>4</td><td>Almost always</td></tr><tr><td>5</td><td>Always</td></tr></table> | 1 | Never | 2 | Almost never | 3 | Sometimes | 4 | Almost always | 5 | Always |
| 1 | Never | | | | | | | | | | | | |
| 2 | Almost never | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | |
| 4 | Almost always | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | |
| 80 | [slypos_promis_si_ped_02] Show the field ONLY if: [slypos_demographics_age] < '18' | I had a hard time concentrating because I was sleepy. | radio, Required <table border="1"><tr><td>1</td><td>Never</td></tr><tr><td>2</td><td>Almost never</td></tr></table> | 1 | Never | 2 | Almost never | | | | | | |
| 1 | Never | | | | | | | | | | | | |
| 2 | Almost never | | | | | | | | | | | | |

| | | | | | | | | | | | | | |
|----|--|---|--|---|------------|---|---------------|---|-----------|---|---------------|---|-----------|
| | | | <table border="1"> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Almost always</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 3 | Sometimes | 4 | Almost always | 5 | Always | | | | |
| 3 | Sometimes | | | | | | | | | | | | |
| 4 | Almost always | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | |
| 81 | <p>[slypos_promis_si_ped_03]</p> <p>Show the field ONLY if: [slypos_demographics_age] < '18'</p> | I had a hard time getting things done because I was sleepy. | radio, Required <table border="1"> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Almost never</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Almost always</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 1 | Never | 2 | Almost never | 3 | Sometimes | 4 | Almost always | 5 | Always |
| 1 | Never | | | | | | | | | | | | |
| 2 | Almost never | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | |
| 4 | Almost always | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | |
| 82 | <p>[slypos_promis_si_ped_04]</p> <p>Show the field ONLY if: [slypos_demographics_age] < '18'</p> | I had problems during the day because of poor sleep. | radio, Required <table border="1"> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Almost never</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Almost always</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 1 | Never | 2 | Almost never | 3 | Sometimes | 4 | Almost always | 5 | Always |
| 1 | Never | | | | | | | | | | | | |
| 2 | Almost never | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | |
| 4 | Almost always | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | |
| 83 | <p>[slypos_promis_sd_ad_title]</p> <p>Show the field ONLY if: [slypos_demographics_age] >= '18'</p> | In the past 4 weeks... | descriptive | | | | | | | | | | |
| 84 | <p>[slypos_promis_sd_ad_01]</p> <p>Show the field ONLY if: [slypos_demographics_age] >= '18'</p> | My sleep quality was... | radio, Required <table border="1"> <tr><td>5</td><td>Very poor</td></tr> <tr><td>4</td><td>Poor</td></tr> <tr><td>3</td><td>Fair</td></tr> <tr><td>2</td><td>Good</td></tr> <tr><td>1</td><td>Very good</td></tr> </table> | 5 | Very poor | 4 | Poor | 3 | Fair | 2 | Good | 1 | Very good |
| 5 | Very poor | | | | | | | | | | | | |
| 4 | Poor | | | | | | | | | | | | |
| 3 | Fair | | | | | | | | | | | | |
| 2 | Good | | | | | | | | | | | | |
| 1 | Very good | | | | | | | | | | | | |
| 85 | <p>[slypos_promis_sd_ad_02]</p> <p>Show the field ONLY if: [slypos_demographics_age] >= '18'</p> | My sleep was refreshing. | radio, Required <table border="1"> <tr><td>5</td><td>Not at all</td></tr> <tr><td>4</td><td>A little bit</td></tr> <tr><td>3</td><td>Somewhat</td></tr> <tr><td>2</td><td>Quite a bit</td></tr> <tr><td>1</td><td>Very much</td></tr> </table> | 5 | Not at all | 4 | A little bit | 3 | Somewhat | 2 | Quite a bit | 1 | Very much |
| 5 | Not at all | | | | | | | | | | | | |
| 4 | A little bit | | | | | | | | | | | | |
| 3 | Somewhat | | | | | | | | | | | | |
| 2 | Quite a bit | | | | | | | | | | | | |
| 1 | Very much | | | | | | | | | | | | |
| 86 | <p>[slypos_promis_sd_ad_03]</p> <p>Show the field ONLY if: [slypos_demographics_age] >= '18'</p> | I had a problem with my sleep. | radio, Required <table border="1"> <tr><td>1</td><td>Not at all</td></tr> <tr><td>2</td><td>A little bit</td></tr> <tr><td>3</td><td>Somewhat</td></tr> <tr><td>4</td><td>Quite a bit</td></tr> <tr><td>5</td><td>Very much</td></tr> </table> | 1 | Not at all | 2 | A little bit | 3 | Somewhat | 4 | Quite a bit | 5 | Very much |
| 1 | Not at all | | | | | | | | | | | | |
| 2 | A little bit | | | | | | | | | | | | |
| 3 | Somewhat | | | | | | | | | | | | |
| 4 | Quite a bit | | | | | | | | | | | | |
| 5 | Very much | | | | | | | | | | | | |

| | | | | | | | | | | | | | |
|----|---|---|---|---|------------|---|--------------|---|----------|---|-------------|---|-----------|
| 87 | [slypos_promis_sd_ad_04] Show the field ONLY if: [slypos_demographics_age] >= '18' | I had difficulty falling asleep. | radio, Required <table border="1"><tr><td>1</td><td>Not at all</td></tr><tr><td>2</td><td>A little bit</td></tr><tr><td>3</td><td>Somewhat</td></tr><tr><td>4</td><td>Quite a bit</td></tr><tr><td>5</td><td>Very much</td></tr></table> | 1 | Not at all | 2 | A little bit | 3 | Somewhat | 4 | Quite a bit | 5 | Very much |
| 1 | Not at all | | | | | | | | | | | | |
| 2 | A little bit | | | | | | | | | | | | |
| 3 | Somewhat | | | | | | | | | | | | |
| 4 | Quite a bit | | | | | | | | | | | | |
| 5 | Very much | | | | | | | | | | | | |
| 88 | [slypos_promis_si_ad_title] Show the field ONLY if: [slypos_demographics_age] >= '18' | In the past 4 weeks... | descriptive | | | | | | | | | | |
| 89 | [slypos_promis_si_ad_01] Show the field ONLY if: [slypos_demographics_age] >= '18' | I had a hard time getting things done because I was sleepy. | radio, Required <table border="1"><tr><td>1</td><td>Not at all</td></tr><tr><td>2</td><td>A little bit</td></tr><tr><td>3</td><td>Somewhat</td></tr><tr><td>4</td><td>Quite a bit</td></tr><tr><td>5</td><td>Very much</td></tr></table> | 1 | Not at all | 2 | A little bit | 3 | Somewhat | 4 | Quite a bit | 5 | Very much |
| 1 | Not at all | | | | | | | | | | | | |
| 2 | A little bit | | | | | | | | | | | | |
| 3 | Somewhat | | | | | | | | | | | | |
| 4 | Quite a bit | | | | | | | | | | | | |
| 5 | Very much | | | | | | | | | | | | |
| 90 | [slypos_promis_si_ad_02] Show the field ONLY if: [slypos_demographics_age] >= '18' | I had problems during the day because of poor sleep. | radio, Required <table border="1"><tr><td>1</td><td>Not at all</td></tr><tr><td>2</td><td>A little bit</td></tr><tr><td>3</td><td>Somewhat</td></tr><tr><td>4</td><td>Quite a bit</td></tr><tr><td>5</td><td>Very much</td></tr></table> | 1 | Not at all | 2 | A little bit | 3 | Somewhat | 4 | Quite a bit | 5 | Very much |
| 1 | Not at all | | | | | | | | | | | | |
| 2 | A little bit | | | | | | | | | | | | |
| 3 | Somewhat | | | | | | | | | | | | |
| 4 | Quite a bit | | | | | | | | | | | | |
| 5 | Very much | | | | | | | | | | | | |
| 91 | [slypos_promis_si_ad_03] Show the field ONLY if: [slypos_demographics_age] >= '18' | I had a hard time concentrating because of poor sleep. | radio, Required <table border="1"><tr><td>1</td><td>Not at all</td></tr><tr><td>2</td><td>A little bit</td></tr><tr><td>3</td><td>Somewhat</td></tr><tr><td>4</td><td>Quite a bit</td></tr><tr><td>5</td><td>Very much</td></tr></table> | 1 | Not at all | 2 | A little bit | 3 | Somewhat | 4 | Quite a bit | 5 | Very much |
| 1 | Not at all | | | | | | | | | | | | |
| 2 | A little bit | | | | | | | | | | | | |
| 3 | Somewhat | | | | | | | | | | | | |
| 4 | Quite a bit | | | | | | | | | | | | |
| 5 | Very much | | | | | | | | | | | | |
| 92 | [slypos_promis_si_ad_04] Show the field ONLY if: [slypos_demographics_age] >= '18' | I was sleepy during the daytime. | radio, Required <table border="1"><tr><td>1</td><td>Not at all</td></tr><tr><td>2</td><td>A little bit</td></tr><tr><td>3</td><td>Somewhat</td></tr><tr><td>4</td><td>Quite a bit</td></tr><tr><td>5</td><td>Very much</td></tr></table> | 1 | Not at all | 2 | A little bit | 3 | Somewhat | 4 | Quite a bit | 5 | Very much |
| 1 | Not at all | | | | | | | | | | | | |
| 2 | A little bit | | | | | | | | | | | | |
| 3 | Somewhat | | | | | | | | | | | | |
| 4 | Quite a bit | | | | | | | | | | | | |
| 5 | Very much | | | | | | | | | | | | |
| 93 | [your_sleep_complete] | Section Header: <i>Form Status</i> Complete? | dropdown <table border="1"><tr><td>0</td><td>Incomplete</td></tr><tr><td>1</td><td>Unverified</td></tr><tr><td>2</td><td>Complete</td></tr></table> | 0 | Incomplete | 1 | Unverified | 2 | Complete | | | | |
| 0 | Incomplete | | | | | | | | | | | | |
| 1 | Unverified | | | | | | | | | | | | |
| 2 | Complete | | | | | | | | | | | | |

| Instrument: Your wake-up and sleep times (your_wakeup_and_sleep_times)  | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|----------------|---|-----------------|---|-----------------|---|-----------------|---|-----------------|---|-----------------|---|-----------------|
| 94 | [slypos_mctq_instruction] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | Section Header: Work Instructions: In this questionnaire, you report on your typical sleep behaviour over the past 4 weeks. We ask about work days and work-free days separately. Please respond to the questions according to your perception of a standard week that includes your usual work days and work-free days. | descriptive | | | | | | | | | | | | | | |
| 95 | [slypos_mctq_01] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | I have a regular work schedule (this includes being, for example, a housewife or househusband) | radio, Required <table border="1" data-bbox="1477 322 1529 398"><tr><td>1</td><td>Yes</td></tr><tr><td>2</td><td>No</td></tr></table> | 1 | Yes | 2 | No | | | | | | | | | | |
| 1 | Yes | | | | | | | | | | | | | | | | |
| 2 | No | | | | | | | | | | | | | | | | |
| 96 | [slypos_mctq_02] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' and [slypos_mctq_01] = '1' or [slypos_demographics_work_or_school] = '3' and [slypos_mctq_01] = '1' | If "Yes": I work on | dropdown, Required <table border="1" data-bbox="1477 462 1619 743"><tr><td>1</td><td>1 day per week</td></tr><tr><td>2</td><td>2 days per week</td></tr><tr><td>3</td><td>3 days per week</td></tr><tr><td>4</td><td>4 days per week</td></tr><tr><td>5</td><td>5 days per week</td></tr><tr><td>6</td><td>6 days per week</td></tr><tr><td>7</td><td>7 days per week</td></tr></table> | 1 | 1 day per week | 2 | 2 days per week | 3 | 3 days per week | 4 | 4 days per week | 5 | 5 days per week | 6 | 6 days per week | 7 | 7 days per week |
| 1 | 1 day per week | | | | | | | | | | | | | | | | |
| 2 | 2 days per week | | | | | | | | | | | | | | | | |
| 3 | 3 days per week | | | | | | | | | | | | | | | | |
| 4 | 4 days per week | | | | | | | | | | | | | | | | |
| 5 | 5 days per week | | | | | | | | | | | | | | | | |
| 6 | 6 days per week | | | | | | | | | | | | | | | | |
| 7 | 7 days per week | | | | | | | | | | | | | | | | |
| 97 | [slypos_mctq_section] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | Please use 24-hour time scale (e.g. 23:00 instead of 11:00 pm) | descriptive | | | | | | | | | | | | | | |
| 98 | [slypos_mctq_03] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | Section Header: Workdays I go to bed at <i>Note that some people stay awake for some time when in bed!</i> | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | |
| 99 | [slypos_mctq_04] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | I actually get ready to fall asleep at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | |
| 100 | [slypos_mctq_05] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | I need __ minutes to fall asleep. | text (number, Min: 0, Max: 500), Required | | | | | | | | | | | | | | |
| 101 | [slypos_mctq_06] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | I wake up at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | |

| | | | | | | | |
|-----|--|---|--|---|-----|---|----|
| | 3' | | | | | | |
| 102 | [slypos_mctq_07] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | After __ minutes I get up. | text (number, Min: 0, Max: 500), Required | | | | |
| 103 | [slypos_mctq_08] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | I use an alarm clock on workdays: | yesno, Required <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>1</td><td>Yes</td> </tr> <tr> <td>0</td><td>No</td> </tr> </table> | 1 | Yes | 0 | No |
| 1 | Yes | | | | | | |
| 0 | No | | | | | | |
| 104 | [slypos_mctq_09] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' and [slypos_mctq_08] = '1' or [slypos_demogr aphics_work_or_school] = '3' and [slypos_mct q_08] = '1' | If "Yes": I regularly wake up before the alarm rings: | yesno, Required <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>1</td><td>Yes</td> </tr> <tr> <td>0</td><td>No</td> </tr> </table> | 1 | Yes | 0 | No |
| 1 | Yes | | | | | | |
| 0 | No | | | | | | |
| 105 | [slypos_mctq_32] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | On workdays I usually have my first meal at | text (time, Min: 00:00, Max: 23:59), Required | | | | |
| 106 | [slypos_mctq_33] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | On workdays I usually have my last meal at | text (time, Min: 00:00, Max: 23:59), Required | | | | |
| 107 | [slypos_mctq_27] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = ' 3' | I regularly drink caffeinated drinks. | yesno, Required <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>1</td><td>Yes</td> </tr> <tr> <td>0</td><td>No</td> </tr> </table> | 1 | Yes | 0 | No |
| 1 | Yes | | | | | | |
| 0 | No | | | | | | |
| 108 | [slypos_mctq_28] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' and [slypos_mctq_27] = '1' or [slypos_demogr aphics_work_or_school] = '3' and [slypos_mct q_27] = '1' | On workdays I usually drink my first caffeinated drink at | text (time, Min: 00:00, Max: 23:59), Required | | | | |
| 109 | [slypos_mctq_29] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' and [slypos_mctq_27] = '1' or [slypos_demogr aphics_work_or_school] = '3' and [slypos_mct q_27] = '1' | On workdays I usually drink my last caffeinated drink at | text (time, Min: 00:00, Max: 23:59), Required | | | | |
| 110 | [slypos_mctq_10] Show the field ONLY if: | Section Header: <i>Free days</i> I go to bed at | text (time, Min: 00:00, Max: 23:59), Required | | | | |

| | | | | | | | | | |
|-----|--|--|---|---|---------------------|---|---------|---|--------|
| | [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | <i>Note that some people stay awake for some time when in bed!</i> | | | | | | | |
| 111 | [slypos_mctq_11] | I actually get ready to fall asleep at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | | | | | | | | |
| 112 | [slypos_mctq_12] | I need __ minutes to fall asleep. | text (number, Min: 0, Max: 500), Required | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | | | | | | | | |
| 113 | [slypos_mctq_13] | I wake up at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | | | | | | | | |
| 114 | [slypos_mctq_14] | After __ minutes I get up. | text (number, Min: 0, Max: 500), Required | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | | | | | | | | |
| 115 | [slypos_mctq_15] | My wake-up time is due to the use of an alarm clock: | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | | | | | | | | |
| 116 | [slypos_mctq_16] | There are particular reasons why I cannot freely choose my sleep times on free days: | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | | | | | | | | |
| 117 | [slypos_mctq_17] | If "Yes": | radio, Required <table border="1"><tr><td>1</td><td>Child(ren) / pet(s)</td></tr><tr><td>2</td><td>Hobbies</td></tr><tr><td>3</td><td>Others</td></tr></table> | 1 | Child(ren) / pet(s) | 2 | Hobbies | 3 | Others |
| 1 | Child(ren) / pet(s) | | | | | | | | |
| 2 | Hobbies | | | | | | | | |
| 3 | Others | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '1' and [slypos_mctq_16] = '1' or [slypos_demographics_work_or_school] = '3' and [slypos_mctq_16] = '1' | | | | | | | | |
| 118 | [slypos_mctq_34] | On free days I usually have my first meal at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | | | | | | | | |
| 119 | [slypos_mctq_35] | On free days I usually have my last meal at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| | Show the field ONLY if: | | | | | | | | |

| | | | | | | | | | | | |
|-----|---|--|--|---|--|---|---|---|------------------------|---|----------------------|
| | [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | | | | | | | | | | |
| 120 | [slypos_mctq_30] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' and [slypos_mctq_27] = '1' or [slypos_demographics_work_or_school] = '3' and [slypos_mctq_27] = '1' | On free days I usually drink my first caffeinated drink at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| 121 | [slypos_mctq_31] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' and [slypos_mctq_27] = '1' or [slypos_demographics_work_or_school] = '3' and [slypos_mctq_27] = '1' | On free days I usually drink my last caffeinated drink at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| 122 | [slypos_mctq_18] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | Section Header: <i>Work details</i> In the last 3 months, I worked as a shift worker: | radio, Required <table border="1" style="margin-left: auto; margin-right: auto;"><tr><td>1</td><td>No</td></tr><tr><td>2</td><td>Yes</td></tr></table> | 1 | No | 2 | Yes | | | | |
| 1 | No | | | | | | | | | | |
| 2 | Yes | | | | | | | | | | |
| 123 | [slypos_mctq_19] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' and [slypos_mctq_18] = '1' or [slypos_demographics_work_or_school] = '3' and [slypos_mctq_18] = '1' | My usual work schedule starts at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| 124 | [slypos_mctq_20] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' and [slypos_mctq_18] = '1' or [slypos_demographics_work_or_school] = '3' and [slypos_mctq_18] = '1' | My usual work schedule ends at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| 125 | [slypos_mctq_21] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | My work schedules are... | radio, Required <table border="1" style="margin-left: auto; margin-right: auto;"><tr><td>1</td><td>... very flexible.</td></tr><tr><td>2</td><td>... a little flexible.</td></tr><tr><td>3</td><td>... rather inflexible.</td></tr><tr><td>4</td><td>... very inflexible.</td></tr></table> | 1 | ... very flexible. | 2 | ... a little flexible. | 3 | ... rather inflexible. | 4 | ... very inflexible. |
| 1 | ... very flexible. | | | | | | | | | | |
| 2 | ... a little flexible. | | | | | | | | | | |
| 3 | ... rather inflexible. | | | | | | | | | | |
| 4 | ... very inflexible. | | | | | | | | | | |
| 126 | [slypos_mctq_22] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | I travel to work... | radio, Required <table border="1" style="margin-left: auto; margin-right: auto;"><tr><td>1</td><td>... within an enclosed vehicle (e.g. car, bus, underground).</td></tr><tr><td>2</td><td>... not within an enclosed vehicle (e.g. on foot, by bike).</td></tr><tr><td>3</td><td>I work at home.</td></tr></table> | 1 | ... within an enclosed vehicle (e.g. car, bus, underground). | 2 | ... not within an enclosed vehicle (e.g. on foot, by bike). | 3 | I work at home. | | |
| 1 | ... within an enclosed vehicle (e.g. car, bus, underground). | | | | | | | | | | |
| 2 | ... not within an enclosed vehicle (e.g. on foot, by bike). | | | | | | | | | | |
| 3 | I work at home. | | | | | | | | | | |
| 127 | [slypos_mctq_23] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' | For the commute to work, I need __ hours and __ minutes. | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|-----|--|--|---|---|----------------|---|-----------------|---|-----------------|---|-----------------|---|-----------------|---|-----------------|---|-----------------|
| | or [slypos_demographics_work_or_school] = '3' | | | | | | | | | | | | | | | | |
| 128 | [slypos_mctq_24] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | For the commute from work, I need __ hours and __ minutes. | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | |
| 129 | [slypos_mctq_daylight] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | Section Header: <i>Time spent outdoors</i> On average, I spend the following amount of time outdoors in daylight (without a roof above my head): | descriptive | | | | | | | | | | | | | | |
| 130 | [slypos_mctq_25] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | on workdays: __ hours and __ minutes | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | |
| 131 | [slypos_mctq_26] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | on free days: __ hours and __ minutes | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | |
| 132 | [slypos_mctq_attentioncheck_2] Show the field ONLY if: [slypos_demographics_work_or_school] = '1' or [slypos_demographics_work_or_school] = '3' | We want to make sure you are paying attention. Please type in "nineteen" as a number. | text (integer), Required | | | | | | | | | | | | | | |
| 133 | [slypos_mctq_instruction_ped] Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | Section Header: <i>School</i> Instructions: In this questionnaire, you report on your typical sleep behaviour over the past 4 weeks. We ask about school days and school-free days separately. Please respond to the questions according to your perception of a normal week that includes your usual school days and school-free days. | descriptive | | | | | | | | | | | | | | |
| 134 | [slypos_mctq_01_ped] Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | I go to school on a regular basis | radio, Required <table border="1" style="display: inline-table; vertical-align: middle;"> <tr><td>1</td><td>Yes</td></tr> <tr><td>2</td><td>No</td></tr> </table> | 1 | Yes | 2 | No | | | | | | | | | | |
| 1 | Yes | | | | | | | | | | | | | | | | |
| 2 | No | | | | | | | | | | | | | | | | |
| 135 | [slypos_mctq_02_ped] Show the field ONLY if: [slypos_demographics_work_or_school] = '2' and [slypos_mctq_01_ped] = '1' | If "Yes": I go to school on | dropdown, Required <table border="1" style="display: inline-table; vertical-align: middle;"> <tr><td>1</td><td>1 day per week</td></tr> <tr><td>2</td><td>2 days per week</td></tr> <tr><td>3</td><td>3 days per week</td></tr> <tr><td>4</td><td>4 days per week</td></tr> <tr><td>5</td><td>5 days per week</td></tr> <tr><td>6</td><td>6 days per week</td></tr> <tr><td>7</td><td>7 days per week</td></tr> </table> | 1 | 1 day per week | 2 | 2 days per week | 3 | 3 days per week | 4 | 4 days per week | 5 | 5 days per week | 6 | 6 days per week | 7 | 7 days per week |
| 1 | 1 day per week | | | | | | | | | | | | | | | | |
| 2 | 2 days per week | | | | | | | | | | | | | | | | |
| 3 | 3 days per week | | | | | | | | | | | | | | | | |
| 4 | 4 days per week | | | | | | | | | | | | | | | | |
| 5 | 5 days per week | | | | | | | | | | | | | | | | |
| 6 | 6 days per week | | | | | | | | | | | | | | | | |
| 7 | 7 days per week | | | | | | | | | | | | | | | | |

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|-----|--------------------------------------|--|--|---|--------------------------------|---|---------------|---|----------------------|---|----------------------|---|--------------------------------------|---|----------------------|---|------------------------|---|-------|
| 136 | [slypos_mctq_section_ped] | Please use 24-hour time scale (e.g. 23:00 instead of 11:00 pm) Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | descriptive | | | | | | | | | | | | | | | | |
| 137 | [slypos_mctq_03_ped] | Section Header: <i>School days</i> I got to bed at <i>Note that some people stay awake for some time when in bed!</i> | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | | | |
| 138 | [slypos_mctq_03_ped_2] | What is the main reason you usually go to bed at this time on school days? <i>Pick one</i> | radio, Required <table border="1"> <tr><td>1</td><td>My parents have set my bedtime</td></tr> <tr><td>2</td><td>I feel sleepy</td></tr> <tr><td>3</td><td>I finish my homework</td></tr> <tr><td>4</td><td>My TV shows are over</td></tr> <tr><td>5</td><td>My brother(s) or sister(s) go to bed</td></tr> <tr><td>6</td><td>I finish socializing</td></tr> <tr><td>7</td><td>I get home from my job</td></tr> <tr><td>8</td><td>Other</td></tr> </table> | 1 | My parents have set my bedtime | 2 | I feel sleepy | 3 | I finish my homework | 4 | My TV shows are over | 5 | My brother(s) or sister(s) go to bed | 6 | I finish socializing | 7 | I get home from my job | 8 | Other |
| 1 | My parents have set my bedtime | | | | | | | | | | | | | | | | | | |
| 2 | I feel sleepy | | | | | | | | | | | | | | | | | | |
| 3 | I finish my homework | | | | | | | | | | | | | | | | | | |
| 4 | My TV shows are over | | | | | | | | | | | | | | | | | | |
| 5 | My brother(s) or sister(s) go to bed | | | | | | | | | | | | | | | | | | |
| 6 | I finish socializing | | | | | | | | | | | | | | | | | | |
| 7 | I get home from my job | | | | | | | | | | | | | | | | | | |
| 8 | Other | | | | | | | | | | | | | | | | | | |
| 139 | [slypos_mctq_04_ped] | I actually get ready to fall asleep at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | | | |
| 140 | [slypos_mctq_05_ped] | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' I need __ minutes to fall asleep. | text (number, Min: 0, Max: 500), Required | | | | | | | | | | | | | | | | |
| 141 | [slypos_mctq_06_ped] | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' I wake up at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | | | |
| 142 | [slypos_mctq_07_ped] | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' After __ minutes I get up. | text (number, Min: 0, Max: 500), Required | | | | | | | | | | | | | | | | |
| 143 | [slypos_mctq_08_ped] | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' I use an alarm clock on school days or my parents wake me up: | yesno, Required <table border="1"> <tr><td>1</td><td>Yes</td></tr> <tr><td>0</td><td>No</td></tr> </table> | 1 | Yes | 0 | No | | | | | | | | | | | | |
| 1 | Yes | | | | | | | | | | | | | | | | | | |
| 0 | No | | | | | | | | | | | | | | | | | | |
| 144 | [slypos_mctq_09_ped] | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' and [slypos_mctq_08_ped] = '1' If "Yes": I regularly wake up before the alarm rings: | yesno, Required <table border="1"> <tr><td>1</td><td>Yes</td></tr> <tr><td>0</td><td>No</td></tr> </table> | 1 | Yes | 0 | No | | | | | | | | | | | | |
| 1 | Yes | | | | | | | | | | | | | | | | | | |
| 0 | No | | | | | | | | | | | | | | | | | | |
| 145 | [slypos_mctq_32_ped] | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' On school days I usually have my first meal at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | | | |
| 146 | [slypos_mctq_33_ped] | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' On school days I usually have my last meal at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | | | | | | | | | |

| | | | | | | | | | |
|-----|---|---|---|---|-------------------------|---|---------|---|--------|
| 147 | [slypos_mctq_27_ped] | I regularly drink caffeinated drinks. Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 148 | [slypos_mctq_28_ped] | On school days I usually drink my first caffeinated drink at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| 149 | [slypos_mctq_29_ped] | On school days I usually drink my last caffeinated drink at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| 150 | [slypos_mctq_10_ped] | Section Header: <i>Free days</i> I go to bed at <i>Note that some people stay awake for some time when in bed!</i> | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| 151 | [slypos_mctq_11_ped] | I actually get ready to fall asleep at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| 152 | [slypos_mctq_12_ped] | I need __ minutes to fall asleep. Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | text (number, Min: 0, Max: 500), Required | | | | | | |
| 153 | [slypos_mctq_13_ped] | I wake up at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| 154 | [slypos_mctq_14_ped] | After __ minutes I get up. Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | text (number, Min: 0, Max: 500), Required | | | | | | |
| 155 | [slypos_mctq_15_ped] | My wake-up time is due to the use of an alarm clock or my parents waking me up: Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 156 | [slypos_mctq_16_ped] | There are particular reasons why I cannot freely choose my sleep times on free days: Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | yesno, Required <table border="1"><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> | 1 | Yes | 0 | No | | |
| 1 | Yes | | | | | | | | |
| 0 | No | | | | | | | | |
| 157 | [slypos_mctq_17_ped] | If "Yes": Show the field ONLY if: [slypos_demographics_work_or_school] = '2' and [slypos_mctq_16_ped] = '1' | radio, Required <table border="1"><tr><td>1</td><td>Family members / pet(s)</td></tr><tr><td>2</td><td>Hobbies</td></tr><tr><td>3</td><td>Others</td></tr></table> | 1 | Family members / pet(s) | 2 | Hobbies | 3 | Others |
| 1 | Family members / pet(s) | | | | | | | | |
| 2 | Hobbies | | | | | | | | |
| 3 | Others | | | | | | | | |
| 158 | [slypos_mctq_34_ped] | On free days I usually have my first meal at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | | | | | | | | |

| | | | | | | | | | | | |
|-----|---|---|---|---|--|---|---|---|------------------------|---|----------------------|
| 159 | [slypos_mctq_35_ped] | On free days I usually have my last meal at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | | | | | | | | | | |
| 160 | [slypos_mctq_30_ped] | On free days I usually drink my first caffeinated drink at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' and [slypos_mctq_27_ped] = '1' | | | | | | | | | | |
| 161 | [slypos_mctq_31_ped] | On free days I usually drink my last caffeinated drink at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' and [slypos_mctq_27_ped] = '1' | | | | | | | | | | |
| 162 | [slypos_mctq_19_ped] | Section Header: <i>School details</i> My usual school schedule starts at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| 163 | [slypos_mctq_20_ped] | My usual school schedule ends at | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| 164 | [slypos_mctq_21_ped] | My school schedules are... | radio, Required <table border="1"><tr><td>1</td><td>... very flexible.</td></tr><tr><td>2</td><td>... a little flexible.</td></tr><tr><td>3</td><td>... rather inflexible.</td></tr><tr><td>4</td><td>... very inflexible.</td></tr></table> | 1 | ... very flexible. | 2 | ... a little flexible. | 3 | ... rather inflexible. | 4 | ... very inflexible. |
| 1 | ... very flexible. | | | | | | | | | | |
| 2 | ... a little flexible. | | | | | | | | | | |
| 3 | ... rather inflexible. | | | | | | | | | | |
| 4 | ... very inflexible. | | | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | | | | | | | | | | |
| 165 | [slypos_mctq_22_ped] | I travel to work... | radio, Required <table border="1"><tr><td>5</td><td>... within an enclosed vehicle (e.g. car, bus, underground).</td></tr><tr><td>6</td><td>... not within an enclosed vehicle (e.g. on foot, by bike).</td></tr><tr><td>7</td><td>I'm homeschooled.</td></tr></table> | 5 | ... within an enclosed vehicle (e.g. car, bus, underground). | 6 | ... not within an enclosed vehicle (e.g. on foot, by bike). | 7 | I'm homeschooled. | | |
| 5 | ... within an enclosed vehicle (e.g. car, bus, underground). | | | | | | | | | | |
| 6 | ... not within an enclosed vehicle (e.g. on foot, by bike). | | | | | | | | | | |
| 7 | I'm homeschooled. | | | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | | | | | | | | | | |
| 166 | [slypos_mctq_23_ped] | For the commute to school, I need __ hours and __ minutes. | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | | | | | | | | | | |
| 167 | [slypos_mctq_24_ped] | For the commute from school, I need __ hours and __ minutes. | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | | | | | | | | | | |
| 168 | [slypos_mctq_daylight_ped] | Section Header: <i>Time spent outdoors</i> On average, I spend the following amount of time outdoors in daylight (without a roof above my head): | descriptive | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | | | | | | | | | | |
| 169 | [slypos_mctq_25_ped] | on school days: __ hours and __ minutes | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| | Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | | | | | | | | | | |
| 170 | [slypos_mctq_26_ped] | on free days: __ hours and __ minutes | text (time, Min: 00:00, Max: 23:59), Required | | | | | | | | |
| | Show the field ONLY if: | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|--|---|--|---|---|------------------------------|---|------------|---|----------|---|-----------|---|-------|---|--------|
| | [slypos_demographics_work_or_school] = '2' | | | | | | | | | | | | | | |
| 171 | [slypos_mctq_attentioncheck] Show the field ONLY if: [slypos_demographics_work_or_school] = '2' | We want to make sure you are paying attention. Please type in "nineteen" as a number. | text (integer), Required | | | | | | | | | | | | |
| 172 | [your_wakeup_and_sleep_times_complete] | Section Header: <i>Form Status</i> Complete? | dropdown <table border="1"> <tr><td>0</td><td>Incomplete</td></tr> <tr><td>1</td><td>Unverified</td></tr> <tr><td>2</td><td>Complete</td></tr> </table> | 0 | Incomplete | 1 | Unverified | 2 | Complete | | | | | | |
| 0 | Incomplete | | | | | | | | | | | | | | |
| 1 | Unverified | | | | | | | | | | | | | | |
| 2 | Complete | | | | | | | | | | | | | | |
| Instrument: Your light behaviour (your_light_behaviour)  Enabled as survey | | | | | | | | | | | | | | | |
| 173 | [slypos_leba_title] | Section Header: <i>Your light behaviour</i> Please indicate how often you performed the following behaviours in the past 4 weeks. | descriptive | | | | | | | | | | | | |
| 174 | [slypos_leba_01] | I turn on the lights immediately after waking up. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 175 | [slypos_leba_02] | I open the curtains or blinds immediately after waking up. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 176 | [slypos_leba_03] | I look at my mobile phone screen immediately after waking up. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 177 | [slypos_leba_04] | I use an alarm with a dawn simulation light. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | | |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |

| | | | |
|-----|------------------|--|---|
| | | | <input checked="" type="checkbox"/> 5 Always |
| 178 | [slypos_leba_05] | I have breakfast within 3 meters from a window. | radio, Required <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |
| 179 | [slypos_leba_06] | I have breakfast in a brightly lit room (illuminated by electric light). | radio, Required <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |
| 180 | [slypos_leba_07] | I go for a walk or exercise outside within 2 hours after waking up. | radio, Required <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |
| 181 | [slypos_leba_08] | I spend 30 minutes or less per day (in total) outside. | radio, Required <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |
| 182 | [slypos_leba_09] | I spend between 30 minutes and 1 hour per day (in total) outside. | radio, Required <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |

| | | | | | | | | | | | | | | | |
|-----|------------------------------|---|---|---|------------------------------|---|-------|---|--------|---|-----------|---|-------|---|--------|
| 183 | [slypos_leba_10] | I spend between 1 and 3 hours per day (in total) outside. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 184 | [slypos_leba_11] | I spend more than 3 hours per day (in total) outside. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 185 | [slypos_leba_12] | I spend as much time outside as possible. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 186 | [slypos_leba_13] | I use sunglasses when I go outside in bright daylight. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 187 | [slypos_leba_14] | I wear a visor or cap when I go outside in bright daylight. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 188 | [slypos_leba_15] | I seek shade when I am outside in bright daylight. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> </table> | 0 | Does not apply/I don't know. | | | | | | | | | | |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|-----|------------------------------|--|---|---|------------------------------|---|--------|---|-----------|---|-----------|---|--------|---|--------|
| | | | <table border="1"> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 189 | [slypos_leba_16] | I wear blue-filtering, orange-tinted, and/or red-tinted glasses indoors during the day. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 190 | [slypos_leba_17] | I wear blue-filtering, orange-tinted, and/or red-tinted glasses outdoors during the day. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 191 | [slypos_leba_18] | I use light therapy applying a white light box. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 192 | [slypos_leba_19] | I use light therapy applying a blue light box. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 193 | [slypos_leba_20] | I use light therapy applying a light visor. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | | | | | | |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|-----|------------------------------|--|---|---|------------------------------|---|-------|---|--------|---|-----------|---|-------|---|--------|
| | | | <table border="1"> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 3 | Sometimes | 4 | Often | 5 | Always | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 194 | [slypos_leba_21] | I use light therapy applying another form of light device. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 195 | [slypos_leba_22] | I spend most of my daytime in a brightly lit environment. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 196 | [slypos_leba_23] | I close the curtains or blinds during the day if the light from outside is bright. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 197 | [slypos_leba_24] | I spend most of my indoor time within 3 meters from a window. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 198 | [slypos_leba_25] | I use a desk lamp when I do focused work. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | | |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |

| | | | |
|-----|------------------------------|---|---|
| | | | <input checked="" type="checkbox"/> 5 Always |
| 199 | [slypos_leba_26] | I turn on my ceiling room light when it is light outside. | radio, Required <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |
| 200 | [slypos_leba_attentioncheck] | We want to make sure you are paying attention. Please select "Does not apply/I don't know." here. | radio <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |
| 201 | [slypos_leba_27] | I use my mobile phone within 1 hour before attempting to fall asleep. | radio, Required <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |
| 202 | [slypos_leba_28] | I use my computer/laptop/tablet within 1 hour before attempting to fall asleep. | radio, Required <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |
| 203 | [slypos_leba_29] | I watch television within 1 hour before attempting to fall asleep. | radio, Required <input type="radio"/> 0 Does not apply/I don't know. <input type="radio"/> 1 Never <input type="radio"/> 2 Rarely <input type="radio"/> 3 Sometimes <input type="radio"/> 4 Often <input checked="" type="radio"/> 5 Always |

| | | | | | | | | | | | | | | | |
|-----|------------------------------|---|--|---|------------------------------|---|-------|---|--------|---|-----------|---|-------|---|--------|
| 204 | [slypos_leba_30] | I look at my smartwatch within 1 hour before attempting to fall asleep. | radio, Required | | | | | | | | | | | | |
| | | | <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 205 | [slypos_leba_31] | I dim my room light within 1 hour before attempting to fall asleep. | radio, Required | | | | | | | | | | | | |
| | | | <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 206 | [slypos_leba_32] | I dim my mobile phone screen within 1 hour before attempting to fall asleep. | radio, Required | | | | | | | | | | | | |
| | | | <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 207 | [slypos_leba_33] | I dim my computer screen within 1 hour before attempting to fall asleep. | radio, Required | | | | | | | | | | | | |
| | | | <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 208 | [slypos_leba_36] | I use a blue-filter app on my mobile phone screen within 1 hour before attempting to fall asleep. | radio, Required | | | | | | | | | | | | |
| | | | <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 209 | [slypos_leba_37] | I use a blue-filter app on my computer screen within 1 hour before attempting to fall asleep. | radio, Required | | | | | | | | | | | | |
| | | | <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> </table> | 0 | Does not apply/I don't know. | | | | | | | | | | |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|-----|------------------------------|---|--|---|------------------------------|---|--------|---|-----------|---|-----------|---|--------|---|--------|
| | | | <table border="1"> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 210 | [slypos_leba_38] | I wear blue-filtering, orange-tinted, and/or red-tinted glasses within 1 hour before attempting to fall asleep. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 211 | [slypos_leba_39] | I purposely leave a light on in my sleep environment while sleeping. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 212 | [slypos_leba_40] | I use as little light as possible when I get up during the night. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 213 | [slypos_leba_41] | I turn on the lights when I get up during the night. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 214 | [slypos_leba_42] | I check my phone when I wake up at night. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | | | | | | |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|-----|------------------------------|---|---|---|------------------------------|---|-------|---|--------|---|-----------|---|-------|---|--------|
| | | | <table border="1"> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 3 | Sometimes | 4 | Often | 5 | Always | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 215 | [slypos_leba_43] | I look at my smartwatch when I wake up at night. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 216 | [slypos_leba_44] | I close curtains or blinds to prevent light from entering the bedroom if I want to sleep. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 217 | [slypos_leba_45] | I use a sleep mask that covers my eyes. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 218 | [slypos_leba_46] | I modify my light environment to match my current needs. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> <tr><td>5</td><td>Always</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | 5 | Always |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |
| 5 | Always | | | | | | | | | | | | | | |
| 219 | [slypos_leba_47] | I use LEDs to create a healthy light environment. | radio, Required <table border="1"> <tr><td>0</td><td>Does not apply/I don't know.</td></tr> <tr><td>1</td><td>Never</td></tr> <tr><td>2</td><td>Rarely</td></tr> <tr><td>3</td><td>Sometimes</td></tr> <tr><td>4</td><td>Often</td></tr> </table> | 0 | Does not apply/I don't know. | 1 | Never | 2 | Rarely | 3 | Sometimes | 4 | Often | | |
| 0 | Does not apply/I don't know. | | | | | | | | | | | | | | |
| 1 | Never | | | | | | | | | | | | | | |
| 2 | Rarely | | | | | | | | | | | | | | |
| 3 | Sometimes | | | | | | | | | | | | | | |
| 4 | Often | | | | | | | | | | | | | | |

| | | | |
|-----|---------------------------------|--|--|
| | | | 5 Always |
| 220 | [slypos_leba_48] | I use tunable lights to create a healthy light environment. | radio, Required 0 Does not apply/I don't know. 1 Never 2 Rarely 3 Sometimes 4 Often 5 Always |
| 221 | [slypos_leba_49] | I discuss the effects of light on my body with other people. | radio, Required 0 Does not apply/I don't know. 1 Never 2 Rarely 3 Sometimes 4 Often 5 Always |
| 222 | [slypos_leba_50] | I seek out knowledge on how to improve my light exposure. | radio, Required 0 Does not apply/I don't know. 1 Never 2 Rarely 3 Sometimes 4 Often 5 Always |
| 223 | [your_light_behaviour_complete] | Section Header: <i>Form Status</i> Complete? | dropdown 0 Incomplete 1 Unverified 2 Complete |