| **Variable** | **type** | **Size** | **Description** | **Values** |
| --- | --- | --- | --- | --- |
| foliocc | Whole | 5 | Participant's folio |  |
| Etapa | Short text | 255 | Stage |  |
| participant | Short text | 1 | Participant | M=Mother |
| stage | Whole | 5 | Stage |  |
| Id | Short text | 25 | Participant ID |  |
| fecha | Whole |  | Interview date |  |
| gf045\_a | Short text | 5 | 45. Over the past month: what has your bedtime usually been? (on a weekday) |  |
| gf045\_a1 | Short text | 2 | 45. Over the past month: what has your bedtime usually been? (on weekday), AM/PM |  |
| gf045\_b | Short text | 5 | 45. Over the past month: what has your bedtime usually been? (on a weekend day) |  |
| gf045\_b1 | Short text | 2 | 45. Over the past month: what has your bedtime usually been? (on a weekend), AM/PM |  |
| gf046\_a | Whole | 2 | 46.How long has it taken to fall asleep, normally, the nights, of the last month? (on a weekday) |  |
| gf046\_b | Whole | 2 | 46.How long has it taken to fall asleep, normally, the nights, of the last month? (on a weekend day) |  |
| gf047\_a | Short text | 5 | 47. What time have you usually gotten up in the morning during the past month? (on a weekday) |  |
| gf047\_a1 | Short text | 2 | 47. What time have you usually gotten up in the morning during the past month? (on a weekday) AM/PM |  |
| gf047\_b | Short text | 5 | 47. What time have you usually gotten up in the morning during the past month? (on a weekend day) |  |
| gf047\_b1 | Short text | 2 | 47. What time have you usually gotten up in the morning during the past month? (on a weekend day) AM/PM |  |
| s48\_1 | Double | 8 | 48. How many hours do you estimate that you will have actually slept each night during the last month? (the time may be different than you stay in bed) on a weekday |  |
| s48\_2 | Double | 8 | 48. How many hours do you estimate that you will have actually slept each night during the last month? (the weather may be different than you stay in bed) on a weekend day |  |
| gf049 | Whole | 2 | 49. Over the past month, how would you assess the quality of your sleep as a whole? | 1= Pretty good  2= Good  3= Bad  4= Pretty bad |
| Weekday |  |  | Sleep duration during the week, in minutes | minutes |
| Weekdaymid |  |  | Sleep midpoint during the weekday | 24:00 time |
| Weekend |  |  | Sleep duration during the weekend, in minutes | minutes |
| Weekendmid |  |  | Sleep midpoint during the weekend | 24:00 time |
| Weekendhr |  |  | Sleep duration on the weekend, in hours | hours |
| weekdayhr |  |  | Sleep duration during the week, in hours | hours |
| outlier |  |  | Ignore, this was used to be sure time was never negative |  |
| daymidcat |  |  | Midpoint is before or after 4am (from Erica) for weekdays | -1 = midpoint before 4am  1 = midpoint after 4am |
| endmidcat |  |  | Midpoint is before or after 4am (from Erica) for weekends | -1 = midpoint before 4am  1 = midpoint after 4am |
| Timetosleep |  |  | Average of reported time to it takes to fall sleep for weekend and weekday | minutes |