

P	articipant Id#: Acrostic:	
Date:	sleepdt2	/ Year

No

Yes

evrsnre2

The following questions are about your sleep. Please consider both what others have told you about your sleep and what you know yourself. If you have any questions, please ask a MESA staff member.

- 1 Since your MESA clinic visit, have you been awakened at night by trouble breathing?

 1 Wakebr2

 2 Have you ever snored (now or at any time in the past)?
 - ↓ Skip to question 5

Don't Know

9

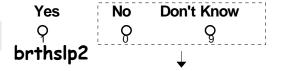
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- 3 How often do you snore now?
 - O Do not snore any more Skip to question 5
 - 1 O Sometimes (up to 2 nights a week)
 - ₂ O Frequently (3-5 nights a week)
 - ₃ O Always or almost always (6-7 nights a week)
 - ₉ O Don't know
- 4 How loud is your snoring?
 - 1 O Only slightly louder than heavy breathing
 - 2 O About as loud as talking
 - 3 O Louder than talking
- snrloud2

snrfrq2

- ₄ O Extremely loud can be heard through a closed door
- ₉ O Don't know
- Are there times when you stop breathing during your sleep?



6 How often do you have times when you stop breathing during your sleep?

Skip to question 7

- ¹ O Sometimes (up to 2 nights a week)
- ² O Frequently (3-5 nights a week) **stpbrfr2**
- ³ O Always or almost always (6-7 nights a week)
- 9 O Don't know

Exam 2 -- Sleep History How often do you feel excessively (overly) sleepy during the day? 0 Never or rarely (1 day/month or less) 0 Sometimes (2-4 days/month) 0 sleepdy2 Often (5-15 days/month) 0 3 Almost always (16-30 days/month) 0 Have you ever been told by a doctor that you had sleep 8 Don't know Yes No apnea (a condition in which breathing stops briefly during 0 0 О sleep)? apnea2 9 How often do you "make time" in your schedule for a regular nap or "siesta" in the afternoon? Questionnaire Completed 0 O Never or rarely Sometimes 1 O nap2 Often 2 O Every day or almost every day 3 O When you do nap in the afternoon, how long do you sleep? 10 naphr2 hours napmin2 minutes (Example: if 30 minutes, enter "0" hours, "30" minutes) What are your reasons for regular napping in the afternoon? (Select all that apply.) I do not get enough sleep at night 1 0 whynap2 I nap due to an illness or for medical reasons 2 O I nap because it makes me feel refreshed in general 3 O 9 O Other _ please specify rsnnapo2

