Main Data Record

NOTE: SAS label appears in caps, while the actual question from the questionnaire appears in lower case. These data are found in SAS data set v1main.xXX, where XX = most updated SAS export file extension number.

Var Name	Len	Label	Comments
SECTION I: SLEEP **NOTE: these questions are framed as "in the past month"**			
V1I1	1	HOW OFTEN FEEL SLEEPY DURING DAY QUESTION: ORIGINAL WORDING: I1. During the past month, how often did you feel sleepy during the day, even though it seemed like you got a good night's sleep? WORDING AS OF 10 JULY 2003 I1. During the past month, how often did you feel sleepy during the day?	0 = not at all 1 = once or twice a week 2 = 3-5 times a week 3 = almost every day 4 = didn't get a good night's sleep
V1I2	1	HOW OFTEN TROUBLE GET THROUGH REG ACT QUESTION: I2. During the past month, how often have you had trouble getting through your regular daytime activities because of the quality or amount of sleep you have been getting?	0 = not at all 1 = once or twice a week 2 = 3-5 times a week 3 = almost every day
V1I3	1	HOW OFTEN WAKE AND FEEL NEED MORE SLEEP QUESTION: I3. During the past month, how often did you wake up after your usual amount of sleep feeling unrefreshed or like you needed more sleep?	0 = not at all 1 = once or twice a week 2 = 3-5 times a week 3 = almost every day
V1I4	1	HOW OFTEN WAKE UP SHORT OF BREATH QUESTION: I4. During the past month, how often did you wake up at night short of breath and gasping for air?	0 = not at all 1 = once or twice a week 2 = 3-5 times a week 3 = almost every night
V1I5	1	HOW OFTEN DIFFICULTY FALLING ASLEEP QUESTION: I5. During the past month, how often have you had difficulty falling asleep?	0 = not at all 1 = once or twice a week 2 = 3-5 times a week 3 = almost every night

Var Name	Len	Label	Comments
V1I6	1	HOW OFTEN WAKE UP, CAN'T GET BACK SLEEP QUESTION: ORIGINAL WORDING: I6. How often do you wake up during the night and can't go back to sleep? WORDING AS OF 10 JULY 2003 I6. How often do you wake up during the night and want to go back to sleep but are unable to because you are physically uncomfortable or your thoughts are churning?	0 = not at all 1 = once or twice a week 2 = 3-5 times a week 3 = almost every night
V1I7	1	HOW OFTEN LEG DISCOMFORT IN EVENING QUESTION: I7. How often do you have any leg discomfort during the evening or prior to sleep and feel that you just have to move them?	0 = not at all 1 = once or twice a week 2 = 3-5 times a week 3 = almost every night
V1I8	1	TONSILS REMOVED? QUESTION: I8. Have your tonsils been removed?	0 = no 1 = yes
V1I9	1	KNOW/TOLD THAT SHE SNORES QUESTION: I9. Do you know or have you been told that you snore?	0 = no 1 = yes 8 = don't know/refused

Var Name	Len	Label	Comments
V1I10	1	# HRS SLEEP USUALLY GET IN 24 HOURS QUESTION: I10. How many hours of sleep do you usually get each 24 hours (be sure to include time you spend napping)?	1 = 3 or fewer hours 2 = 4 hours 3 = 5 hours 4 = 6 hours 5 = 7 hours 6 = 8 hours 7 = 9 or more hours NOTE: this variable is a categorical variable, NOT a continuous one! NOTE: prior to 9 June 2003, 7 and 8 hours of sleep were combined into one response category (7-8 hours). Data were entered using the 9 June 2003 format, where the hours were split into separate response categories (see above). Prior to 9 June, if the respondent answered with 7 or 8 hours of sleep, the interviewer would usually write in the margin of the questionnaire which amount had been indicated. In those cases in which the interviewer did not write 7 or 8 in the margin, a decision was made to randomly assign respondents to the 7 hours vs. 8 hours answer category.
V1I11	2	ON AVE, # TIMES BABY WAKE HER AT NIGHT QUESTION: I11. Please think about the last week. On the average, how many times did your baby wake you during each night?	Integer value
V1I12	2	ON USUAL NIGHT, # PEOPLE IN BED W/ HER QUESTION: I12. On a usual night, how many people other than yourself usually sleep in the same bed with you? Please include the baby and other children if they usually spend more than half the night in your bed.	Integer value 0 → V1I14
V1I13	1	BABY INCLUDED IN # PEOPLE IN BED? QUESTION: I13. Does this include your baby?	0 = no 1 = yes NOTE: this variable skipped if V1I12 = 0
V1I14	1	ON USUAL NIGHT, PET THAT SLEEP IN BED? QUESTION: I14. On a usual night, do you have pets who sleep in the same bed with you?	0 = no 1 = yes

Var Name	Len	Label	Comments
V1I15	1	DESCRIBE QUALITY SLEEP MOST NIGHTS QUESTION: I15. How would you describe the quality of your sleep most nights? Would you say it is...	1 = poor 2 = fair 3 = good 4 = excellent
V1I16	1	SATISFACTION W/ SLEEP USUALLY GET QUESTION: I16. How satisfied are you with the sleep you usually get? Would you say...	1 = you usually feel like you get enough sleep 2 = you sometimes don't feel like you get enough sleep 3 = you never feel like you get enough sleep
V1I17	1	IN PAST MON, TAKE MEDS TO HELP SLEEP QUESTION: I17. In the past month, have you taken any medications to help you sleep, including over-the-counter medicines or herbal medicines?	0 = no 1 = yes