

CODING MANUAL FOR THE SLEEP QUALITY STUDY

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Coding Rules

1) When the comment is vague and the coding category is not clear look at the other side (e.g., look at responses for poor sleep to code response for good sleep)

2) When absolutely sure that fatigue, sleepiness, and alertness refer to the morning or to first awakening, then response is to be coded as "8"

3) If a response refers to something "specific" that occurs in the "morning"; then it is to be coded in the "specific" category for everything except fatigue, sleepiness and alertness (e.g., grogginess, mood, headache, pain)

4) If "energy" is mentioned in general then it is to be coded as "14", NOT "8"

5) In general, if not sure if a response should be coded as "8" or "other," then make it "other"

Good Sleep	Category Name	#	Poor Sleep
If I slept for 6+ hours; Feeling like I've slept more hours than I actually did; If I have waken and realize that I have slept the required hours	Total Sleep Time (TST)	1	If I don't get my minimum # of hours; When I sleep 3-4... up to 6 hrs.; Je peux le deviner par le nombre d'heure dormi; Quand je passe des nuits blanches; Stays awake all night; Feeling like I slept way less than I actually did; If I can't fall asleep during the night for more than 20 minutes; I did not sleep enough hours (TST)
	Body Warmth	2	I feel my body is warm; J'ai des chaleurs
I function well throughout the day; I feel that I can take on the day; Feel more ambitious; When I feel ALERT throughout the day; I feel ALERT; Je suis motivée pour faire des activités; Je suis enthousiaste pour faire des activités; I can do my daily activities; Plus sociable; I feel confident that I can tackle my to do list; I feel confident that I can think of a solution to a previous day's problem	Daytime Functioning	3	There are moments in the day where I might feel unmotivated; When I can't do what I do on a daily basis; J'ai envie de ne rien faire de la journée; I feel not productive; If I have trouble completing my tasks the next day; I feel not "on top of my game"
I'm in a good mood; I also feel happier; I feel more positive; Feel more relaxed; Je me réveille contente; Je me réveille heureuse; I wake up in a relaxed state; I wake-up feeling calm; Je réveille calmement; When I wake up not feeling like death; Je me réveille pas d'angoisse (anxiety); I'm not as irritable; Je me sens très bien; Based on whether I had an anxiety when waking in the middle of the night; If I wake up the next morning and I feel happier; Optimistic about the day ahead; Feel happy; Wake up calm; I Feel calmer; I feel cheerful; wake up in a good mood; Wake up positive minded; Feel better; Am not anxious; Feel happy	Mood (In the Morning, During the Day Or During the Night)	4	I'm cranky; There are moments in the day where I might feel at times moody; I feel terrible; I feel down when I don't get enough z's; Je deviens très agitée; Je me réveille triste; Je me réveille stressée; Wake feeling like death; Very irritable; Feeling of helplessness, Feeling of depression; I feel down when I don't get enough sleep; Sometimes I awake with anxiety in the middle of the night; Crabby; Depressed; Anxious; Over-emotional; bad mood; stress easily
My mind is caught up in the remainders of a super dream; I remember my dreams; Dreaming right before waking; Dreaming in deep sleep cycles	Dreams	5	Bad dreams; If I had a nightmare during the night; My mind is confused by bad dreams; I can remember bits and pieces of my dreams that were full of action; Cauchemars; Mauvais rêves
I feel I was in a deep sleep; No "light sleep" (i.e. drifting in and out of sleep); Quand je dors vraiment; When I feel that I slept deeply during the night (deep sleep)	Depth of Sleep (Light Sleep / Deep Sleep)	6	My sleep was light; Light sleep; If I wake up feeling like I didn't get any sleep at all; I have the impression that I spent most of the night awake; Remember most / all of the night passing by; feeling as though in a semi-conscious state (no dreaming) (not awake, not asleep); If I feel I never go into a deep sleep
How early I wake up - i.e. 6:30 is great; By whether I had an early wake-up (e.g. 6:00 am)	Early Wakening	7	If I am awake several hours before sunrise; If I wake up at 3:30-4:00-4:30-5:00; How early I wake up - i.e. 5:00 am is not a good sign; If I have woken up much before the alarm goes off (e.g. 30 min(s), 1 hour before the alarm); If it's time to get up and I know I've been awake for hours

<p>By how much difficulty I have waking up; I wake up easily; No resistance to getting out of bed; I wake up without the alarm; I feel ready to get up; If I wake up easily; If I can get out of bed without snoozing the alarm; Wake up when the alarm goes off; I don't want to sleep anymore; Feel "energized" in the a.m.; When I wake up feeling I had enough sleep; When I wake up by myself; Wake-up in the morning ready to go to do anything; When I wake up and I don't feel sleepy at all; Quand je me réveille repose; I wake up well rested; When I wake up refreshed; When you wake up and feel rested; Wake up in the morning feeling fresh; I feel more rested in the morning; A feeling of being rested; I feel rested; I am refreshed in the morning; I feel rested when I wake up; I usually tell by how I feel the next morning; I wake up well rested; Quand je ne sens pas le besoin de me recoucher; Quand je me réveille sans obligation de me lever; I feel very energetic when I wake up; I feel very much alive when I wake up; I have no wish to lie in bed; I wake up and am ready to start my day; No need to get coffee or shower; I can be dressed and out the door in a minute or two if I need to be</p>	<p>Waking In the Morning (Refreshed / Non-Refreshed)</p>	<p>8</p>	<p>I want to stay in bed when I awake; I hear the alarm and I don't feel ready to get up; I set my alarm to give me a few more minutes in bed; I just want to sleep more; When I don't feel ready to start the day; When I try to "bargain" another 5-10 minutes of sleep; Wake up feeling like I still need to rest; Unable to get out of bed; I feel exhausted when I wake up; I'm tired when I wake up; I wake up feeling tired; Je me réveille sans énergie; Je me réveille fatiguée; When I wake up in the morning and I am more tired than when I went to bed; Fatigue in the morning; If I feel sluggish the next morning; If I feel extra tired in the morning; Wake up feeling tired; I often feel tired when I wake up; Je me force à sortir du lit; Je ne suis pas en mesure d'ouvrir les yeux; When I wake in the morning, I feel very unrefreshed; I want to go back to bed; Je me réveille épuisée physiquement; Je me réveille épuisée mentalement; Need to start slowly; Get coffee; If I have awoken to an alarm (indicating that I should normally sleep longer)</p>
<p>No dark circles under my eyes</p>	<p>Dark Circles Under Eyes</p>	<p>9</p>	<p>Dark circles under my eyes</p>
<p>I slept at least 6 hours uninterrupted; If I did not get up several times; If I haven't woken up several times during the night; Slept through; Sleeping throughout the night; No long waso; If I have not had a lot of interruptions in my sleep; If I have gone back to sleep readily in the case that I have been awakened; Sleep is more or less continuous; Night-time awakenings are few and very brief; If I do not wake up frequently throughout the night; Fall back asleep easily if I wake up throughout the night; I sleep for more than 8 consecutive hours</p>	<p>Sleep Continuity (WASO)</p>	<p>10</p>	<p>I wake throughout the night; My sleep was interrupted 3 to 5 times during the night; I wake at night; I recall waking several times during the night; If I have awoken frequently; If I have awoken and couldn't get back to sleep; If I get up and stay up for over 30 min(s), waso; Difficultly getting back to sleep; Prolonged period of wakefulness; If I wake up frequently during the night; Have trouble falling back to sleep if I wake up during the night; Cannot fall back to sleep at all if I wake up during the night; I am wide awake for hours; Lorsque j'ai écoute la radio une partie de la nuit et que je suis au courant de toutes les nouvelles avant même d'être debout;</p>
<p>When I wake up and am not groggy; J'ai la tête claire; J'ai la tête en bon état; My mind is clear; Tous mes sens sont a disposition; Morning grogginess wears off quickly; I am not very groggy; I think clearly; I feel clear-headed; Fully aware; Clear-headed; I am fully aware</p>	<p>Clear Headed / Groggy (Morning, During Day)</p>	<p>11</p>	<p>I am groggy; Groggy in the a.m.; Some degree of fuzz-headedness in the first 20 min. of waking; Not thinking clearly; I feel groggy; Fuzzy headed early in the day; I am very groggy; Disoriented; Head is foggy</p>
<p>No headaches; No headache</p>	<p>Headache</p>	<p>12</p>	<p>Headaches; When I wake up with a headache; Je me réveille avec un mal de tête; Sometimes I have a headache; Headache; When I wake up in the morning, I have a slight migraine; I sometimes have a huge migraine; Wake up with a migraine; Headache; Whether or not I wake with a headache</p>
<p>I do not feel very sleepy; I don't feel sleepy at all; My eyelids don't feel heavy</p>	<p>Sleepiness</p>	<p>13</p>	<p>Sometimes I fall asleep; Sometimes I nod off; Sometimes I fall asleep during the day; I feel like napping in the afternoon; I feel very sleepy; Heavy eyelids; I am already yawning; I just need to lie down; If I feel sleepy; On a bad morning I lie down again in a different place; Nodding off at desk; Nodding off on the metro</p>
<p>If I have good steady energy for most of the day; I feel energetic during the day; I feel energized all day long; J'ai de l'énergie; I do not feel very tired; My body does not feel fatigued; When I feel RESTED; A feeling of being RESTED; Feel more RESTED; Feel more energetic; Do not feel sluggish the next day; I am not tired the next day; Feel energized; I Feel well RESTED; I feel more energized; I feel relatively free of the "wiped out" feeling; I have energy to move at a normal pace while doing activities in preparation for leaving for work; Energy level is high; I have more energy (DO NOT SCORE ALERT here, because it is #3)</p>	<p>Fatigue / Energy</p>	<p>14</p>	<p>Fatigue in the early afternoon; Lack energy; I feel tired; Feel very tired; I feel exhausted; Zero energy; Tired; I feel really tired; I feel tired in the day; If I feel tired; I feel lethargic; I feel a "drained" feeling; C'est une sensation de lenteur (1 ou 2 heures après le réveille) qui vont me rappeler; Feel somewhat lethargic; Usually there is a sense of low energy when doing daily tasks preparing for going to work or weekend activities; This feeling of low energy can disappear during the day; Fatigue can build up during the week if poor sleep continues</p>
	<p>Clock Watching</p>	<p>15</p>	<p>Mental calculation of hours slept; Looked at the clock a lot</p>

Bon niveau de concentration	Concentration / Attention	16	Lack focus; Difficulty concentrating; Not able to focus; My mind is confused; My attention is limited; Making mistakes; If I have trouble concentrating
My memory is good	Memory	17	I'm forgetful
My body is without pain; Able to fall back to sleep with no pain; I'm not in pain; Les réveilles ne sont pas douloureux avec des douleurs dans les mains	Pain / Ache When Waking Or During Sleep	18	I wake up and my body aches; The level of neuralgic pain experienced either consciously or in sleep; Coubaturée (achy); Wake up because I have pain in my legs; During the last year my leg pain has been unbearable during the night; My back hurts; Wake up achy; Sometimes I have neck pain
Capable de m'endormir rapidement; I fall asleep quickly when I get into bed	Sleepy Onset Latency (SOL)	19	I recall being awake for a long time before falling asleep; If it has taken me a long time to fall asleep; Having difficulty falling asleep; I cannot fall asleep; Difficulty getting to sleep
How much tossing and turning I've done (the less the better)	Tossing and Turing	20	Noticed tossing and turning; When I've tossed and turned; Toss & turn a lot; How much tossing and turning I've done (the less the better); Couldn't find a place for myself
Mind is relaxed	Thoughts	21	Mind confused by racing thoughts; Negative thoughts; Keep thinking of how to get to sleep; Keep thinking of how I am going to feel the next day; Difficulty setting mind; Focus on worries; Rumination; Wake up frequently in a panic that I've overslept; Negative thinking
Often, I don't remember falling asleep the night before; It's difficult to say because I feel tired most of the time; Light on my feet; My body is relaxed; I may even feel a bit hungry; It's been a long time since I've had a good night's sleep; I feel the difference when I sleep with my Cpap machine or not; Some nights are fine, but they have been more rare since my first child was born in 2006; Wants to be attractive; Almost always I feel that I've had a good night's sleep; Even if I haven't slept enough I don't feel that I had a poor night's sleep; Ideally this occurs without taking any medication for sleep aid; Recently, tinnitus is not very loud; Mon chum me dit que j'ai ronflé!	Other	22	I don't eat very well; Eyes watery during the day; Tiredness and fuzzy headedness improves as the day goes on; On a bad morning I try to have some breakfast; I have had poor sleep for many years, probably since I started menopause; Wake up with a panic attack; Panic attacks used to happen a lot more often in the past and now very rarely; C'est d'abord mes yeux (1 ou 2 heures après le réveille) qui vont me rappeler; Si je me couche trop tard, je ne dors pas bien; Whether I have gone to bed at a usual time; Dry mouth or not; Some nights I have all of these symptoms; Je n'ai même pas envie de me laver ni de me nourrir; J'ai parfois des maux de nausées