

### Codebook for sleep.sav

| Description of variable                      | SPSS Variable name | Coding instructions                                      |
|--|--------------------|--|
| Identification Number                        | id                 |  |
| Gender                                       | gender             | 0=female, 1=male   |
| Age  | age                | In years   |
| Marital status                               | marital            | 1=single, 2=married/defacto, 3=divorced, 4=widowed       |
| Highest education level achieved             | edlevel            | 1=primary 2=secondary 3=trade 4=undergrad 5=postgrad     |
| Weight (kg)                                  | weight             | In kg  |
| Height (cm)                                  | height             | In cm  |
| Rate general health                          | healthrate         | 1=very poor 10=very good                                 |
| Rate physical fitness                        | fitrate            | 1=very poor 10=very good                                 |
| Rate current weight                          | weightrate         | 1=very underweight 10=very overweight                    |
| Do you smoke                                 | smoke              | 1=yes 0=no   |
| How many cigarettes per day                  | smokenum           | Cigs per day   |
| How many alcoholic drinks per day            | alcohol            | Drinks per day   |
| How many caffeine drinks per day             | caffeine           | Drinks per day   |
| Hours sleep/ week nights                     | hourwnit           | Hrs sleep on average each weeknight                      |
| Hours sleep/ week ends                       | hourwend           | Hrs sleep on average each weekend night                  |
| How many hours sleep needed                  | hourneed           | Hrs of sleep needed to not feel sleepy                   |
| Trouble falling asleep?                      | trubslep           | 1=yes 2=no   |
| Trouble staying asleep                       | trubstay           | 1=yes 2=no   |
| Wake up during night                         | wakenite           | 1=yes 2=no   |
| Work night shift                             | niteshft           | 1=no 2=sometimes 3=yes                                   |
| Light sleeper?                               | liteslp            | 1=yes 2=no   |
| Wake up feeling refreshed weekdays           | refreshd           | 1=yes 2=no   |
| Satisfaction with amount of sleep            | satsleep           | 1=very dissatisfied 10=very satisfied                    |
| Rate quality of sleep                        | qualslp            | 1=very poor 2=poor 3=fair 4=good 5=very good 6=excellent |
| Rating of stress over last month             | stressmo           | 1=not at all 10=extremely                                |
| Medication to help you sleep?                | medhelp            | 1=yes 2=no   |
| Do you have a problem with your sleep        | problem            | 1=yes 2=no   |
| Rate impact of sleep problem on mood         | impact1            | 1=not at all 10=to a great extent                        |
| Rate impact of sleep problem on energy level | impact2            | 1=not at all 10=to a great extent                        |