

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