

National Health and Nutrition Examination Survey 2005–2006

Documentation, Codebook, and Frequencies

Sleep

Questionnaire

Survey Years:
2005 to 2006

SAS Transport File:
SLQ_D.XPT



March 2008

NHANES 2005–2006 Data Documentation

Questionnaire Section: Sleep (SLQ_D)

First Published: March 2008

Last Revised: NA

Component Description Questions on sleep (SLQ) are new to NHANES in 2005-6. This section includes questions on sleep habits, and disorders. A subscale of eight questions, related to general productivity from the Functional Outcomes of Sleep Questionnaire (Weaver, et al.), are also included.

Eligible Sample The eligible sample was participants 16 years and older.

Interview Setting and Mode of Administration These questions were asked in the home using the Computer-assisted Personal Interview (CAPI) system.

Quality Assurance & Quality Control The CAPI and ACASI systems are programmed with built-in consistency checks to reduce data entry errors. CAPI also uses online help screens to assist interviewers in defining key terms used in the questionnaire.

Data Processing and Editing Edits were made to ensure the completeness, consistency, and analytic usefulness of the data.

Analytic Notes

Derived variables:

SLD010H: How much sleep to you usually get at night?

Minutes rounded and responses of 12 hours or greater were categorized as 12 hours or more.

SLD020M: How long does it usually take to fall asleep at bedtime?

Reports of 1 hour or longer were categorized as 60 minutes or more.

References

O'Connor GT, Lind BK, Lee ET, Nieto FJ, Redline S, Samet et al. Variation in symptoms of sleep-disordered breathing with race and ethnicity: The Sleep Heart Health Study. *Sleep* 2003; 26(1): 74-79.

Weaver TE, Laizner AM, Evans LK, Maislin G, Chugh DK, Lyon K et al. An instrument to measure functional status outcomes for disorders of excessive sleepiness. *Sleep* 1997; 20(10): 835-843.

Locator Record

Title: Sleep (SLQ_D)
Contact Number: 1-866-441-NCHS
Years of Content: 2005–2006
First Published: March 2008
Revised: NA
Access Constraints: None
Use Constraints: None
Geographic Coverage: National
Subject: Questions on sleep habits and sleep-related problems
Source: NHANES 2005–2006
Survey Methodology: NHANES 2005–2006 is a stratified multistage probability sample of the civilian non-institutionalized population of the U.S.
Medium: NHANES Web site; SAS transport files

**National Health and Nutrition Examination Survey
Codebook for Data Production (2005-2006)**

**Questionnaire Section:
Sleep (SLQ_D)**

March 2008



SEQN	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	Respondent sequence number
English Text: Respondent sequence number.	
English Instructions:	

SLD010H	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	How much sleep do you get (hours)?
English Text: The next set of questions is about your sleeping habits. How much sleep {do you/does SP} usually get at night on weekdays or workdays?	
English Instructions: INTERVIEWER INSTRUCTION: ENTER HOURS.	

Code or Value	Description	Count	Cumulative	Skip to Item
1 to 11	Range of Values	6078	6078	
12	12 hours or more	50	6128	
77	Refused	1	6129	
99	Don't know	10	6139	
.	Missing	0	6139	

SLD020M		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How long to fall asleep (minutes)?		
English Text: How long does it usually take {you/SP} to fall asleep at bedtime?				
English Instructions: INTERVIEWER INSTRUCTION: ENTER MINUTES.				
Code or Value	Description	Count	Cumulative	Skip to Item
0 to 50	Range of Values	5170	5170	
60	60 minutes or more	924	6094	
77	Refused	1	6095	
99	Don't know	44	6139	
.	Missing	0	6139	

SLQ030		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How often do you snore?		
English Text: In the past 12 months, how often did {you/SP} snore while {you were/s/he was} sleeping?				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	2014	2014	
1	Rarely (1-2 nights/week)	1017	3031	
2	Occasionally (3-4 nights/week)	803	3834	
3	Frequently (5 or more nights/week)	1495	5329	
7	Refused	3	5332	
9	Don't know	807	6139	
.	Missing	0	6139	

SLQ040		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How often do you snort / stop breathing?		
English Text: In the past 12 months, how often did {you/SP} snort, gasp, or stop breathing while {you were/s/he was} asleep?				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	4655	4655	
1	Rarely (1-2 nights/week)	437	5092	
2	Occasionally (3-4 nights/week)	274	5366	
3	Frequently (5 or more nights/week)	268	5634	
7	Refused	2	5636	
9	Don't know	503	6139	
.	Missing	0	6139	

SLQ050		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Ever told doctor had trouble sleeping?		
English Text: {Have you/Has SP} ever told a doctor or other health professional that {you have/s/he has} trouble sleeping?				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	1184	1184	
2	No	4946	6130	
7	Refused	1	6131	
9	Don't know	8	6139	
.	Missing	0	6139	

SLQ060		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Ever told by doctor have sleep disorder?		
English Text: {Have you/Has SP} ever been told by a doctor or other health professional that {you have/s/he has} a sleep disorder?				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	370	370	
2	No	5763	6133	SLQ080
7	Refused	1	6134	SLQ080
9	Don't know	5	6139	SLQ080
.	Missing	0	6139	

SLQ070A		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Sleep disorder: Sleep Apnea		
English Text: What was the sleep disorder?				
English Instructions: CODE ALL THAT APPLY				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Sleep Apnea	201	201	
7	Refused	0	201	
9	Don't know	28	229	
.	Missing	5910	6139	

SLQ070B		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Sleep disorder: Insomnia		
English Text: What was the sleep disorder?				
English Instructions: CODE ALL THAT APPLY				
Code or Value	Description	Count	Cumulative	Skip to Item
2	Insomnia	78	78	
.	Missing	6061	6139	

SLQ070C		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Sleep disorder: Restless Legs		
English Text: What was the sleep disorder?				
English Instructions: CODE ALL THAT APPLY				
Code or Value	Description	Count	Cumulative	Skip to Item
3	Restless Legs	25	25	
.	Missing	6114	6139	

SLQ070D		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Sleep disorder: Other		
English Text: What was the sleep disorder?				
English Instructions: CODE ALL THAT APPLY				
Code or Value	Description	Count	Cumulative	Skip to Item
4	Other	62	62	
.	Missing	6077	6139	

SLQ080		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How often have trouble falling asleep?		
English Text: This next set of questions is about {your/SP?s} sleeping habits in the past month. In the past month, how often did {you/SP} have trouble falling asleep?				
English Instructions: HAND CARD SLQ1				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	2629	2629	
1	Rarely (1 time a month)	1262	3891	
2	Sometimes (2-4 times a month)	1304	5195	
3	Often (5-15 times a month)	526	5721	
4	Almost always (16-30 times a month)	416	6137	
7	Refused	1	6138	
9	Don't know	1	6139	
.	Missing	0	6139	

SLQ090		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How often wake up during night?		
English Text: [In the past month, how often did {you/SP}] wake up during the night and had trouble getting back to sleep?				
English Instructions: HAND CARD SLQ1				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	2401	2401	
1	Rarely (1 time a month)	1231	3632	
2	Sometimes (2-4 times a month)	1396	5028	
3	Often (5-15 times a month)	695	5723	
4	Almost always (16-30 times a month)	409	6132	
7	Refused	1	6133	
9	Don't know	6	6139	
.	Missing	0	6139	

SLQ100	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	How often wake up too early in morning?			
English Text: [In the past month, how often did {you/SP}] wake up too early in the morning and {were/was} unable to get back to sleep?				
English Instructions: HAND CARD SLQ1				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	2822	2822	
1	Rarely (1 time a month)	1112	3934	
2	Sometimes (2-4 times a month)	1196	5130	
3	Often (5-15 times a month)	625	5755	
4	Almost always (16-30 times a month)	376	6131	
7	Refused	1	6132	
9	Don't know	7	6139	
.	Missing	0	6139	

SLQ110		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How often feel unrested during the day?		
English Text: [In the past month, how often did {you/SP}] feel unrested during the day, no matter how many hours of sleep {you have/s/he has} had?				
English Instructions: HAND CARD SLQ1				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	1918	1918	
1	Rarely (1 time a month)	996	2914	
2	Sometimes (2-4 times a month)	1713	4627	
3	Often (5-15 times a month)	932	5559	
4	Almost always (16-30 times a month)	570	6129	
7	Refused	1	6130	
9	Don't know	9	6139	
.	Missing	0	6139	

SLQ120		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How often feel overly sleepy during day?		
English Text: [In the past month, how often did {you/SP}] feel excessively or overly sleepy during the day?				
English Instructions: HAND CARD SLQ1				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	2124	2124	
1	Rarely (1 time a month)	1311	3435	
2	Sometimes (2-4 times a month)	1599	5034	
3	Often (5-15 times a month)	715	5749	
4	Almost always (16-30 times a month)	378	6127	
7	Refused	1	6128	
9	Don't know	11	6139	
.	Missing	0	6139	

SLQ130		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How often did you not get enough sleep?		
English Text: [In the past month, how often did {you/SP}] not get enough sleep?				
English Instructions: HAND CARD SLQ1				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	1856	1856	
1	Rarely (1 time a month)	1077	2933	
2	Sometimes (2-4 times a month)	1697	4630	
3	Often (5-15 times a month)	923	5553	
4	Almost always (16-30 times a month)	564	6117	
7	Refused	1	6118	
9	Don't know	21	6139	
.	Missing	0	6139	

SLQ140	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	How often take pills to help you sleep?			
English Text: [In the past month, how often did {you/SP}] take sleeping pills or other medication to help {you/him/her} sleep?				
English Instructions: HAND CARD SLQ1				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	5190	5190	
1	Rarely (1 time a month)	237	5427	
2	Sometimes (2-4 times a month)	277	5704	
3	Often (5-15 times a month)	145	5849	
4	Almost always (16-30 times a month)	288	6137	
7	Refused	1	6138	
9	Don't know	1	6139	
.	Missing	0	6139	

SLQ150		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How often have leg jerks while sleeping?		
English Text: [In the past month, how often did {you/SP}] have leg jerks while trying to sleep?				
English Instructions: HAND CARD SLQ1				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	4867	4867	
1	Rarely (1 time a month)	431	5298	
2	Sometimes (2-4 times a month)	487	5785	
3	Often (5-15 times a month)	192	5977	
4	Almost always (16-30 times a month)	118	6095	
7	Refused	1	6096	
9	Don't know	43	6139	
.	Missing	0	6139	

SLQ160		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How often have legs cramp while sleeping		
English Text: [In the past month, how often did {you/SP}] have leg cramps while trying to sleep?				
English Instructions: HAND CARD SLQ1				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Never	4267	4267	
1	Rarely (1 time a month)	731	4998	
2	Sometimes (2-4 times a month)	778	5776	
3	Often (5-15 times a month)	246	6022	
4	Almost always (16-30 times a month)	109	6131	
7	Refused	1	6132	
9	Don't know	7	6139	
.	Missing	0	6139	

SLQ170	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	Difficulty concentrating when tired?

English Text: The purpose of this next set of questions is to find out if {you generally have/SP generally has} difficulty carrying out certain activities because {you are/s/he is} too sleepy or tired. When the words 'sleepy' or 'tired' are used, it means the feeling that {you/s/he} can't keep {your/his/her} eyes open, {your/his/her} head is droopy, that {you/s/he} want to 'nod off' or that {you feel/s/he feels} the urge to take a nap. The words do not refer to the tired or fatigued feeling {you/she} may have after {you have/s/he has} exercised. {Do you/Does SP} have difficulty concentrating on the things {you do/s/he does} because {you feel/s/he feels} sleepy or tired?

English Instructions: HAND CARD SLQ2

Code or Value	Description	Count	Cumulative	Skip to Item
1	Don't do this activity for other reasons	61	61	
2	No difficulty	4539	4600	
3	Yes, a little difficulty	1266	5866	
4	Yes, moderate difficulty	207	6073	
5	Yes, extreme difficulty	58	6131	
7	Refused	2	6133	
9	Don't know	6	6139	
.	Missing	0	6139	

SLQ180	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Difficulty remembering when tired?			
English Text: {Do you/Does SP} generally have difficulty remembering things, because {you are/s/he is} sleepy or tired?				
English Instructions: HAND CARD SLQ2				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Don't do this activity for other reasons	41	41	
2	No difficulty	4895	4936	
3	Yes, a little difficulty	965	5901	
4	Yes, moderate difficulty	165	6066	
5	Yes, extreme difficulty	59	6125	
7	Refused	2	6127	
9	Don't know	12	6139	
.	Missing	0	6139	

SLQ190	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Difficulty eating when tired?			
English Text: {Do you/Does SP} have difficulty finishing a meal because {you become/s/he becomes} sleepy or tired?				
English Instructions: HAND CARD SLQ2				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Don't do this activity for other reasons	27	27	
2	No difficulty	5842	5869	
3	Yes, a little difficulty	218	6087	
4	Yes, moderate difficulty	39	6126	
5	Yes, extreme difficulty	9	6135	
7	Refused	2	6137	
9	Don't know	2	6139	
.	Missing	0	6139	

SLQ200	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Difficulty with a hobby when tired?			
English Text: {Do you/Does SP} have difficulty working on a hobby, for example, sewing, collecting, gardening, because {you are/s/he is} sleepy or tired?				
English Instructions: HAND CARD SLQ2				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Don't do this activity for other reasons	232	232	
2	No difficulty	5082	5314	
3	Yes, a little difficulty	675	5989	
4	Yes, moderate difficulty	108	6097	
5	Yes, extreme difficulty	36	6133	
7	Refused	2	6135	
9	Don't know	4	6139	
.	Missing	0	6139	

SLQ210		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Difficulty getting things done?		
English Text: {Do you/Does SP} have difficulty getting things done because {you are/s/he is} too sleepy or tired to drive or take public transportation?				
English Instructions: HAND CARD SLQ2				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Don't do this activity for other reasons	292	292	
2	No difficulty	5087	5379	
3	Yes, a little difficulty	592	5971	
4	Yes, moderate difficulty	120	6091	
5	Yes, extreme difficulty	42	6133	
7	Refused	3	6136	
9	Don't know	3	6139	
.	Missing	0	6139	

SLQ220	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Difficulty with finance when tired?			
English Text: {Do you/Does SP} have difficulty taking care of financial affairs and doing paperwork (for example, paying bills or keeping financial records) because {you are/s/he is} sleepy or tired?				
English Instructions: HAND CARD SLQ2 CAPI INSTRUCTION: DISPLAY IF AGE 16-19: '{Do you/Does s/he} have difficulty doing homework or paperwork, for example paying bills or keeping financial records, because {you are/s/he is} sleepy or tired?'				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Don't do this activity for other reasons	305	305	
2	No difficulty	4955	5260	
3	Yes, a little difficulty	685	5945	
4	Yes, moderate difficulty	145	6090	
5	Yes, extreme difficulty	42	6132	
7	Refused	3	6135	
9	Don't know	4	6139	
.	Missing	0	6139	

SLQ230	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	Difficulty at work because tired?
English Text: {Do you/Does SP} have difficulty performing employed or volunteer work because {you are/s/he is} sleepy or tired?	
English Instructions: HAND CARD SLQ2 CAPI INSTRUCTION: DISPLAY IF AGE 16-19: '{Do you/Does SP} have difficulty performing employed or volunteer work or attending school because {you are/s/he is} sleepy or tired?'	

Code or Value	Description	Count	Cumulative	Skip to Item
1	Don't do this activity for other reasons	627	627	
2	No difficulty	4883	5510	
3	Yes, a little difficulty	494	6004	
4	Yes, moderate difficulty	101	6105	
5	Yes, extreme difficulty	30	6135	
7	Refused	2	6137	
9	Don't know	2	6139	
.	Missing	0	6139	

SLQ240	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Difficulty on phone when tired?			
English Text: {Do you/Does SP} have difficulty maintaining a telephone conversation because {you become/s/he becomes} sleepy or tired?				
English Instructions: HAND CARD SLQ2				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Don't do this activity for other reasons	85	85	
2	No difficulty	5390	5475	
3	Yes, a little difficulty	537	6012	
4	Yes, moderate difficulty	92	6104	
5	Yes, extreme difficulty	32	6136	
7	Refused	2	6138	
9	Don't know	1	6139	
.	Missing	0	6139	