

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

**Data Set name :** MESAe5\_SleepActigraphy\_20140617  
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Order	Variable	Variable Description	Value Labels or Notes
1	idno	PARTICIPANT ID NUMBER	
2	stdyady5c	ACTIGRAPHY QS: DAYS FROM EXAM 5 TO STUDY DATE	
3	sleepjournal5	ACTIGRAPHY QS: SLEEP JOURNAL RECEIVED	0 = NO 1 = YES 9 = INCOMPLETE
4	gooddays5	ACTIGRAPHY QS: # OF GOOD DAYS	
5	weekdays5	ACTIGRAPHY QS: # OF WEEKDAYS	
6	weekenddays5	ACTIGRAPHY QS: # OF WEEKEND DAYS	
7	actquality5	ACTIGRAPHY QS: OVERALL QUALITY GRADING	2 = POOR 3 = FAIR 4 = GOOD 5 = VERY GOOD 6 = EXCELLENT 7 = OUTSTANDING
8	timestart5	ACTIGRAPHY QS: DATA COLLECTION START TIME	
9	timeend5	ACTIGRAPHY QS: DATA COLLECTION END TIME	
10	nightsrec5	ACTIGRAPHY QS: # OF NIGHTS RECORDED	
11	nightsvalid5	ACTIGRAPHY QS: # OF VALID NIGHTS	
12	nightsinvalid5	ACTIGRAPHY QS: # OF INVALID NIGHTS	

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Order	Variable	Variable Description	Value Labels or Notes
13	diarypresent5	ACTIGRAPHY QS: DIARY PRESENT	0 = SLEEP DIARY ABSENT 1 = SLEEP DIARY PRESENT
14	diarycomplete5	ACTIGRAPHY QS: DIARY COMPLETENESS	0 = SLEEP DIARY ABSENT 1 = INCOMPLETE (<75%) 2 = MOSTLY COMPLETE (>=75%)
15	overallqual5	ACTIGRAPHY QS: OVERALL QUALITY GRADING (QS)	2 = POOR 3 = FAIR 4 = GOOD 5 = VERY GOOD 6 = EXCELLENT 7 = OUTSTANDING
16	qcomments5	ACTIGRAPHY QS: STUDY COMMENTS	
17	dur_avg_rest5	ACTIGRAPHY REPORT: AVERAGE DURATION REST	
18	latency_avg_sleep5	ACTIGRAPHY REPORT: AVERAGE SLEEP ONSET LATENCY (MINUTES)	
19	eff_avg_sleep5	ACTIGRAPHY REPORT: AVERAGE SLEEP EFFICIENCY (%)	
20	waso_avg_sleep5	ACTIGRAPHY REPORT: AVERAGE SLEEP WASO (MINUTES)	
21	wake_avg_sleep5	ACTIGRAPHY REPORT: AVERAGE SLEEP WAKE TIME (MINUTES)	
22	pwake_avg_sleep5	ACTIGRAPHY REPORT: AVERAGE SLEEP % WAKE	
23	slptime_avg_sleep5	ACTIGRAPHY REPORT: AVERAGE SLEEP TIME (MINUTES)	
24	slptime_std_sleep5	ACTIGRAPHY REPORT: STD DEV SLEEP TIME	
25	pslp_avg_sleep5	ACTIGRAPHY REPORT: AVERAGE SLEEP % SLEEP	
26	neffend5	ACTIGRAPHY REPORT: NUMBER OF WEEKEND DAYS EFFICIENCY	

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Order	Variable	Variable Description	Value Labels or Notes
27	neffwk5	ACTIGRAPHY REPORT: NUMBER OF WEEKDAY DAYS EFFICIENCY	
28	meffend5	ACTIGRAPHY REPORT: WEEKEND EFFICIENCY MEAN	
29	meffwk5	ACTIGRAPHY REPORT: WEEKDAY EFFICIENCY MEAN	
30	seffend5	ACTIGRAPHY REPORT: WEEKEND EFFICIENCY STD DEV	
31	seffwk5	ACTIGRAPHY REPORT: WEEKDAY EFFICIENCY STD DEV	
32	ceffwk5	ACTIGRAPHY REPORT: WEEKEND EFFICIENCY CV	
33	ceffend5	ACTIGRAPHY REPORT: WEEKDAY EFFICIENCY CV	
34	nslpend5	ACTIGRAPHY REPORT: NUMBER OF WEEKEND DAYS SLEEP	
35	nslpwk5	ACTIGRAPHY REPORT: NUMBER OF WEEKDAY DAYS SLEEP	
36	mslpend5	ACTIGRAPHY REPORT: WEEKEND SLEEP MEAN	
37	mslpwk5	ACTIGRAPHY REPORT: WEEKDAY SLEEP MEAN	
38	sslpend5	ACTIGRAPHY REPORT: WEEKEND SLEEP STD DEV	
39	sslpwk5	ACTIGRAPHY REPORT: WEEKDAY SLEEP STD DEV	
40	cslpwk5	ACTIGRAPHY REPORT: WEEKEND SLEEP CV	
41	cslpend5	ACTIGRAPHY REPORT: WEEKDAY SLEEP CV	
42	mslpendhr5	ACTIGRAPHY REPORT: WEEKEND SLEEP MEAN (IN HOURS)	
43	mslpwchr5	ACTIGRAPHY REPORT: WEEKDAY SLEEP MEAN (IN HOURS)	
44	mbedt5	ACTIGRAPHY REPORT: MEAN BEDTIME	
45	mbedtwk5	ACTIGRAPHY REPORT: MEAN BEDTIME WEEKDAYS	

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Order	Variable	Variable Description	Value Labels or Notes
46	mbedtend5	ACTIGRAPHY REPORT: MEAN BEDTIME WEEKEND	
47	mwaket5	ACTIGRAPHY REPORT: MEAN WAKE TIME	
48	mwaketwk5	ACTIGRAPHY REPORT: MEAN WAKE TIME WEEKDAYS	
49	mwaketend5	ACTIGRAPHY REPORT: MEAN WAKE TIME WEEKEND	
50	wake_bouts_avg_sleep5	ACTIGRAPHY REPORT: AVERAGE NUMBER OF WAKE BOUTS DURING SLEEP	
51	mmidslpt5	ACTIGRAPHY REPORT: MEAN MID-SLEEP TIME [THE MIDPOINT BETWEEN SLEEP ONSET AND OFFSET]	
52	smidslpt5	ACTIGRAPHY REPORT: MEAN MID-SLEEP TIME STD DEV	
53	mmidslptwk5	ACTIGRAPHY REPORT: MEAN MID-SLEEP TIME WEEKDAY	
54	smidslptwk5	ACTIGRAPHY REPORT: MEAN MID-SLEEP TIME WEEKDAY STD DEV	
55	mmidslptend5	ACTIGRAPHY REPORT: MEAN MID-SLEEP TIME WEEKEND	
56	smidslptend5	ACTIGRAPHY REPORT: MEAN MID-SLEEP TIME WEEKEND STD DEV	
57	ndays5	NUMBER OF DAYS WITH SLEEP DATA IN RECORDING. ALSO, NUMBER OF MAIN REST INTERVALS IN RECORDING. USED AS THE DENOMINATOR IN CALCULATING "AVERAGES ACROSS ALL DAYS" (DAYS)	
58	avg24hrsleap5	AVERAGE 24 HOUR SLEEP ACROSS ALL DAYS. THE SUM OF SLEEP TIME FROM ALL MAIN SLEEPS AND ALL NAPS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF DAYS IN THE RECORDING (MINUTES)	
59	sd24hrsleap5	STANDARD DEVIATION OF 24 HOUR SLEEP ACROSS ALL DAYS (MINUTES)	

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Order	Variable	Variable Description	Value Labels or Notes
60	avginbedduration5	AVERAGE IN BED INTERVAL DURATION FROM MAIN SLEEPS ACROSS ALL DAYS. THE TOTAL TIME BETWEEN THE TIME IN BED AND THE TIME OUT OF BED, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
61	sдинbedduration5	STANDARD DEVIATION OF THE IN BED INTERVAL DURATION (MINUTES)	
62	avgsleepperiodduration5	AVERAGE SLEEP PERIOD DURATION FROM MAIN SLEEPS ACROSS ALL DAYS. THE TOTAL TIME BETWEEN SLEEP ONSET AND SLEEP OFFSET, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
63	sdsleepperiodduration5	STANDARD DEVIATION OF THE SLEEP PERIOD DURATION (MINUTES)	
64	avgmainsleep5	AVERAGE SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL DAYS. THE SUM OF SLEEP TIME FROM MAIN SLEEP PERIODS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF DAYS IN THE RECORDING (MINUTES)	
65	sdmainsleep5	STANDARD DEVIATION OF SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL DAYS (MINUTES)	
66	avgonsetlatency5	AVERAGE SLEEP ONSET LATENCY TIME IN MAIN SLEEPS ACROSS ALL DAYS IN MINUTES. THE AMOUNT OF TIME BETWEEN GETTING IN BED AND FALLING ASLEEP (SLEEP ONSET) (MINUTES)	
67	avgwaso5	AVERAGE WAKE AFTER SLEEP ONSET (WASO) IN MAIN SLEEPS. THE AMOUNT OF TIME SPENT AWAKE BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (MINUTES)	
68	avgsnooze5	AVERAGE SNOOZE TIME IN MAIN SLEEPS ACROSS ALL DAYS. THE AMOUNT OF TIME BETWEEN WAKING UP (SLEEP OFFSET) AND GETTING OUT OF BED (MINUTES)	
69	avginbedwake5	AVERAGE TOTAL TIME SPENT AWAKE DURING THE IN BED INTERVAL. THE SUM OF ONSET LATENCY, WAKE AFTER SLEEP ONSET, AND SNOOZE TIME (MINUTES)	

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Order	Variable	Variable Description	Value Labels or Notes
70	avgefficiency5	AVERAGE SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN GETTING IN BED AND GETTING OUT OF BED (PERCENT)	
71	sdefficiency5	STANDARD DEVIATION OF SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL DAYS (PERCENT)	
72	avgmainte5	AVERAGE SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (PERCENT)	
73	sdmante5	STANDARD DEVIATION OF SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL DAYS (PERCENT)	
74	avgfragmentation5	AVERAGE FRAGMENTATION INDEX IN MAIN SLEEPS ACROSS ALL DAYS (PERCENT)	The sum of Percent Mobile epochs and Percent Immobile Bouts Less Than 1-Minute Duration to the Number of Immobile Bouts, for the given interval. This is also known as the Index of Restlessness or Movement and Fragmentation Index.
75	avgsleepbouts5	AVERAGE SLEEP BOUTS IN MAIN SLEEP PERIODS ACROSS ALL DAYS (SLEEP BOUTS)	
76	avgwakebouts5	AVERAGE WAKE BOUTS IN MAIN SLEEP PERIODS ACROSS ALL DAYS (WAKE BOUTS)	
77	ndaysnapsall5	NUMBER OF DAYS WITH NAPS WHEN ALL NAPS ARE COUNTED (DAYS)	
78	ndaysnapssleep5	NUMBER OF DAYS WITH NAPS WHEN ONLY NAPS WITH SOME SLEEP TIME ARE COUNTED (DAYS)	
79	ndaysnapssleep155	NUMBER OF DAYS WITH NAPS WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (DAYS)	

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Order	Variable	Variable Description	Value Labels or Notes
80	avgnnapsall5	AVERAGE NUMBER OF NAPS PER DAY WHEN ALL NAPS ARE COUNTED (NAPS/DAY)	
81	avgnnapssleep5	AVERAGE NUMBER OF NAPS PER DAY WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (NAPS/DAY)	
82	avgnnapssleep155	AVERAGE NUMBER OF NAPS PER DAY WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (NAPS/DAY)	
83	avgsleepnapsall5	AVERAGE SLEEP TIME PER NAP WHEN ALL NAPS ARE COUNTED (MINUTES)	
84	avgsleepnapssleep5	AVERAGE SLEEP TIME PER NAP WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	
85	avgsleepnapssleep155	AVERAGE SLEEP TIME PER NAP WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
86	avgsleepnapdaily5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL DAYS IN THE RECORDING WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES/DAY)	
87	avgsleepnapdaily155	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL DAYS IN THE RECORDING WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (MINUTES/DAY)	
88	avginbedtime5	AVERAGE CLOCK TIME TO GET IN BED FOR MAIN SLEEP ACROSS ALL DAYS (HH:MM:SS)	
89	sдинbedtime5	STANDARD DEVIATION OF THE IN BED TIME (HH:MM:SS)	
90	avgsleeponsettime5	AVERAGE TIME TO FALL ASLEEP FOR MAIN SLEEP ACROSS ALL DAYS (HH:MM:SS)	
91	sdsleeponsettime5	STANDARD DEVIATION OF THE SLEEP ONSET TIME (HH:MM:SS)	
92	avgsleepoffsettime5	AVERAGE TIME TO WAKE UP FOR MAIN SLEEP ACROSS ALL DAYS IN MINUTES (HH:MM:SS)	

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Order	Variable	Variable Description	Value Labels or Notes
93	sdsleepoffsettime5	STANDARD DEVIATION OF THE SLEEP OFFSET TIME (HH:MM:SS)	
94	avgoutbedtime5	AVERAGE TIME TO GET OUT OF BED AFTER MAIN SLEEP ACROSS ALL DAYS IN MINUTES (HH:MM:SS)	
95	sdoutbedtime5	STANDARD DEVIATION OF THE OUT OF BED TIME (HH:MM:SS)	
96	avgrestmidpoint5	AVERAGE TIME MIDPOINT BETWEEN IN BED AND OUT OF BED TIMES (HH:MM:SS)	
97	sdrestmidpoint5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN IN BED AND OUT OF BED TIMES (HH:MM:SS)	
98	avgsleepmidpoint5	AVERAGE TIME MIDPOINT BETWEEN SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	
99	sdsleepmidpoint5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	
100	avgwhitetalt5	AVERAGE WHITE LIGHT TIME ABOVE 1000 LUX THRESHOLD PER DAY (MINUTES)	
101	avgbluetalt5	AVERAGE BLUE LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER DAY (MINUTES)	
102	avggreentalt5	AVERAGE GREEN LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER DAY (MINUTES)	
103	avgredtalt5	AVERAGE RED LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER DAY (MINUTES)	
104	ndayswd5	NUMBER OF WEEKDAY DAYS WITH SLEEP DATA IN RECORDING. ALSO, NUMBER OF MAIN REST INTERVALS IN RECORDING. USED AS THE DENOMINATOR IN CALCULATING "AVERAGES ACROSS ALL WEEKDAY DAYS" (WEEKDAY DAYS)	



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Order	Variable	Variable Description	Value Labels or Notes
105	avg24hrsleewpd5	AVERAGE 24 HOUR SLEEP ACROSS ALL WEEKDAY DAYS. THE SUM OF SLEEP TIME FROM ALL MAIN SLEEPS AND ALL NAPS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF WEEKDAY DAYS IN THE RECORDING (MINUTES)	
106	sd24hrsleewpd5	STANDARD DEVIATION OF 24 HOUR SLEEP ACROSS ALL WEEKDAY DAYS (MINUTES)	
107	avginbeddurationwd5	AVERAGE IN BED INTERVAL DURATION FROM MAIN SLEEPS ACROSS ALL WEEKDAY DAYS. THE TOTAL TIME BETWEEN THE TIME IN BED AND THE TIME OUT OF BED, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
108	sdinbeddurationwd5	STANDARD DEVIATION OF THE WEEKDAY IN BED INTERVAL DURATION (MINUTES)	
109	avgsleeperioddurationwd5	AVERAGE SLEEP PERIOD DURATION FROM MAIN SLEEPS ACROSS ALL WEEKDAY DAYS. THE TOTAL TIME BETWEEN SLEEP ONSET AND SLEEP OFFSET, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
110	sdsleeperioddurationwd5	STANDARD DEVIATION OF THE WEEKDAY SLEEP PERIOD DURATION (MINUTES)	
111	avgmainsleewpd5	AVERAGE SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL WEEKDAY DAYS. THE SUM OF SLEEP TIME FROM MAIN SLEEP PERIODS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF DAYS IN THE RECORDING (MINUTES)	
112	sdmainsleewpd5	STANDARD DEVIATION OF SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL WEEKDAY DAYS (MINUTES)	
113	avgonsetlatencywd5	AVERAGE SLEEP ONSET LATENCY TIME IN MAIN SLEEPS ACROSS ALL WEEKDAY DAYS IN MINUTES. THE AMOUNT OF TIME BETWEEN GETTING IN BED AND FALLING ASLEEP (SLEEP ONSET) (MINUTES)	

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Order	Variable	Variable Description	Value Labels or Notes
114	avgwasowd5	AVERAGE WAKE AFTER SLEEP ONSET (WASO) IN WEEKDAY MAIN SLEEPS. THE AMOUNT OF TIME SPENT AWAKE BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (MINUTES)	
115	avgsnoozewd5	AVERAGE SNOOZE TIME IN MAIN SLEEPS ACROSS ALL WEEKDAY DAYS. THE AMOUNT OF TIME BETWEEN WAKING UP (SLEEP OFFSET) AND GETTING OUT OF BED (MINUTES)	
116	avginbedwakewd5	AVERAGE TOTAL TIME SPENT AWAKE DURING THE WEEKDAY IN BED INTERVAL. THE SUM OF ONSET LATENCY, WAKE AFTER SLEEP ONSET, AND SNOOZE TIME (MINUTES)	
117	avgefficiencywd5	AVERAGE SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL WEEKDAY DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN GETTING IN BED AND GETTING OUT OF BED (PERCENT)	
118	sdefficiencywd5	STANDARD DEVIATION OF SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL WEEKDAY DAYS (PERCENT)	
119	avgmainteffwd5	AVERAGE SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL WEEKDAY DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (PERCENT)	
120	sdmainteffwd5	STANDARD DEVIATION OF SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL WEEKDAY DAYS (PERCENT)	
121	avgfragmentationwd5	AVERAGE FRAGMENTATION INDEX IN MAIN SLEEPS ACROSS ALL WEEKDAY DAYS (PERCENT)	The sum of Percent Mobile epochs and Percent Immobile Bouts Less Than 1-Minute Duration to the Number of Immobile Bouts, for the given interval. This is also known as the Index of Restlessness or Movement and Fragmentation Index.

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Order	Variable	Variable Description	Value Labels or Notes
122	avgsleepboutswd5	AVERAGE SLEEP BOUTS IN MAIN SLEEP PERIODS ACROSS ALL WEEKDAY DAYS (SLEEP BOUTS)	
123	avgwakeboutswd5	AVERAGE WAKE BOUTS IN MAIN SLEEP PERIODS ACROSS ALL WEEKDAY DAYS (WAKE BOUTS)	
124	ndaysnapsallwd5	NUMBER OF WEEKDAY DAYS WITH NAPS WHEN ALL NAPS ARE COUNTED (WEEKDAY DAYS)	
125	ndaysnapssleepwd5	NUMBER OF WEEKDAY DAYS WITH NAPS WHEN ONLY NAPS WITH SOME SLEEP TIME ARE COUNTED (WEEKDAY DAYS)	
126	ndaysnapssleep15wd5	NUMBER OF WEEKDAY DAYS WITH NAPS WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (WEEKDAY DAYS)	
127	avgnnapsallwd5	AVERAGE NUMBER OF NAPS PER WEEKDAY DAY WHEN ALL NAPS ARE COUNTED (NAPS)	
128	avgnnapssleepwd5	AVERAGE NUMBER OF NAPS PER WEEKDAY DAY WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (NAPS)	
129	avgnnapssleep15wd5	AVERAGE NUMBER OF NAPS PER WEEKDAY DAY WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (NAPS)	
130	avgsleepnapsallwd5	AVERAGE SLEEP TIME PER WEEKDAY NAP WHEN ALL NAPS ARE COUNTED (MINUTES)	
131	avgsleepnapssleepwd5	AVERAGE SLEEP TIME PER WEEKDAY NAP WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	
132	avgsleepnapssleep15wd5	AVERAGE SLEEP TIME PER WEEKDAY NAP WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
133	avgsleepnapdailywd5	AVERAGE SLEEP TIME IN NAPS PER WEEKDAY DAY ACROSS ALL WEEKDAY DAYS IN THE RECORDING WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	

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Order	Variable	Variable Description	Value Labels or Notes
134	avgsleepnapdaily15wd5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL WEEKDAY DAYS IN THE RECORDING WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
135	avginbedtimewd5	AVERAGE CLOCK TIME TO GET IN BED FOR MAIN SLEEP ACROSS ALL WEEKDAY DAYS (HH:MM:SS)	
136	sdinbedtimewd5	STANDARD DEVIATION OF THE WEEKDAY IN BED TIME (HH:MM:SS)	
137	avgsleeponsettimewd5	AVERAGE TIME TO FALL ASLEEP FOR MAIN SLEEP ACROSS ALL WEEKDAY DAYS (HH:MM:SS)	
138	sdsleeponsettimewd5	STANDARD DEVIATION OF THE WEEKDAY SLEEP ONSET TIME (HH:MM:SS)	
139	avgsleepoffsettimewd5	AVERAGE TIME TO WAKE UP FOR MAIN SLEEP ACROSS ALL WEEKDAY DAYS IN MINUTES (HH:MM:SS)	
140	sdsleepoffsettimewd5	STANDARD DEVIATION OF THE WEEKDAY SLEEP OFFSET TIME (HH:MM:SS)	
141	avgoutbedtimewd5	AVERAGE TIME TO GET OUT OF BED AFTER MAIN SLEEP ACROSS ALL WEEKDAY DAYS IN MINUTES (HH:MM:SS)	
142	sdoutbedtimewd5	STANDARD DEVIATION OF THE WEEKDAY OUT OF BED TIME (HH:MM:SS)	
143	avgrestmidpointwd5	AVERAGE TIME MIDPOINT BETWEEN WEEKDAY IN BED AND OUT OF BED TIMES (HH:MM:SS)	
144	sdrestmidpointwd5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN WEEKDAY IN BED AND OUT OF BED TIMES (HH:MM:SS)	
145	avgsleepmidpointwd5	AVERAGE TIME MIDPOINT BETWEEN WEEKDAY SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	
146	sdsleepmidpointwd5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN WEEKDAY SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	

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Order	Variable	Variable Description	Value Labels or Notes
147	avgwhitetaltwd5	AVERAGE WHITE LIGHT TIME ABOVE 1000 LUX THRESHOLD PER WEEKDAY DAY (MINUTES)	
148	avgbluetaltwd5	AVERAGE BLUE LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER WEEKDAY DAY (MINUTES)	
149	avggreentaltwd5	AVERAGE GREEN LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER WEEKDAY DAY (MINUTES)	
150	avgredtaltwd5	AVERAGE RED LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER WEEKDAY DAY (MINUTES)	
151	ndayswe5	NUMBER OF WEEKEND DAYS WITH SLEEP DATA IN RECORDING. ALSO, NUMBER OF MAIN REST INTERVALS IN RECORDING. USED AS THE DENOMINATOR IN CALCULATING "AVERAGES ACROSS ALL WEEKEND DAYS" (WEEKEND DAYS)	
152	avg24hrsleewe5	AVERAGE 24 HOUR SLEEP ACROSS ALL WEEKEND DAYS. THE SUM OF SLEEP TIME FROM ALL MAIN SLEEPS AND ALL NAPS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF WEEKEND DAYS IN THE RECORDING (MINUTES)	
153	sd24hrsleewe5	STANDARD DEVIATION OF 24 HOUR SLEEP ACROSS ALL WEEKEND DAYS (MINUTES)	
154	avginbeddurationwe5	AVERAGE IN BED INTERVAL DURATION FROM MAIN SLEEPS ACROSS ALL WEEKEND DAYS. THE TOTAL TIME BETWEEN THE TIME IN BED AND THE TIME OUT OF BED, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
155	sdinbeddurationwe5	STANDARD DEVIATION OF THE WEEKEND IN BED INTERVAL DURATION (MINUTES)	
156	avgsleepperioddurationwe5	AVERAGE SLEEP PERIOD DURATION FROM MAIN SLEEPS ACROSS ALL WEEKEND DAYS. THE TOTAL TIME BETWEEN SLEEP ONSET AND SLEEP OFFSET, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	

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157	sdsleeperioddurationwe5	STANDARD DEVIATION OF THE WEEKEND SLEEP PERIOD DURATION (MINUTES)	
158	avgmainsleepwe5	AVERAGE SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL WEEKEND DAYS. THE SUM OF SLEEP TIME FROM MAIN SLEEP PERIODS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF DAYS IN THE RECORDING (MINUTES)	
159	sdmainsleepwe5	STANDARD DEVIATION OF SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL WEEKEND DAYS (MINUTES)	
160	avgonsetlatencywe5	AVERAGE SLEEP ONSET LATENCY TIME IN MAIN SLEEPS ACROSS ALL WEEKEND DAYS IN MINUTES. THE AMOUNT OF TIME BETWEEN GETTING IN BED AND FALLING ASLEEP (SLEEP ONSET) (MINUTES)	
161	avgwasowe5	AVERAGE WAKE AFTER SLEEP ONSET (WASO) IN WEEKEND MAIN SLEEPS. THE AMOUNT OF TIME SPENT AWAKE BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (MINUTES)	
162	avgsnoozewe5	AVERAGE SNOOZE TIME IN MAIN SLEEPS ACROSS ALL WEEKEND DAYS. THE AMOUNT OF TIME BETWEEN WAKING UP (SLEEP OFFSET) AND GETTING OUT OF BED (MINUTES)	
163	avginbedwakewe5	AVERAGE TOTAL TIME SPENT AWAKE DURING THE WEEKEND IN BED INTERVAL. THE SUM OF ONSET LATENCY, WAKE AFTER SLEEP ONSET, AND SNOOZE TIME (MINUTES)	
164	avgefficiencywe5	AVERAGE SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL WEEKEND DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN GETTING IN BED AND GETTING OUT OF BED (PERCENT)	
165	sdefficiencywe5	STANDARD DEVIATION OF SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL WEEKEND DAYS (PERCENT)	

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Order	Variable	Variable Description	Value Labels or Notes
166	avgmainteffwe5	AVERAGE SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL WEEKEND DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (PERCENT)	
167	sdmainteffwe5	STANDARD DEVIATION OF SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL WEEKEND DAYS (PERCENT)	
168	avgfragmentationwe5	AVERAGE FRAGMENTATION INDEX IN MAIN SLEEPS ACROSS ALL WEEKEND DAYS (PERCENT)	The sum of Percent Mobile epochs and Percent Immobile Bouts Less Than 1-Minute Duration to the Number of Immobile Bouts, for the given interval. This is also known as the Index of Restlessness or Movement and Fragmentation Index.
169	avgsleepboutsw5	AVERAGE SLEEP BOUTS IN MAIN SLEEP PERIODS ACROSS ALL WEEKEND DAYS (SLEEP BOUTS)	
170	avgwakeboutsw5	AVERAGE WAKE BOUTS IN MAIN SLEEP PERIODS ACROSS ALL WEEKEND DAYS (WAKE BOUTS)	
171	ndaysnapsallwe5	NUMBER OF WEEKEND DAYS WITH NAPS WHEN ALL NAPS ARE COUNTED (WEEKEND DAYS)	
172	ndaysnapssleepwe5	NUMBER OF WEEKEND DAYS WITH NAPS WHEN ONLY NAPS WITH SOME SLEEP TIME ARE COUNTED (WEEKEND DAYS)	
173	ndaysnapssleep15we5	NUMBER OF WEEKEND DAYS WITH NAPS WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (WEEKEND DAYS)	
174	avgnnapsallwe5	AVERAGE NUMBER OF NAPS PER WEEKEND DAY WHEN ALL NAPS ARE COUNTED (NAPS)	
175	avgnnapsleepwe5	AVERAGE NUMBER OF NAPS PER WEEKEND DAY WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (NAPS)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
176	avgnapssleep15we5	AVERAGE NUMBER OF NAPS PER WEEKEND DAY WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (NAPS)	
177	avgsleepnapsallwe5	AVERAGE SLEEP TIME PER WEEKEND NAP WHEN ALL NAPS ARE COUNTED (MINUTES)	
178	avgsleepnapssleepwe5	AVERAGE SLEEP TIME PER WEEKEND NAP WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	
179	avgsleepnapssleep15we5	AVERAGE SLEEP TIME PER WEEKEND NAP WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
180	avgsleepnapdailywe5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL WEEKEND DAYS IN THE RECORDING WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	
181	avgsleepnapdaily15we5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL WEEKEND DAYS IN THE RECORDING WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
182	avginbedtimewe5	AVERAGE CLOCK TIME TO GET IN BED FOR MAIN SLEEP ACROSS ALL WEEKEND DAYS (HH:MM:SS)	
183	sдинbedtimewe5	STANDARD DEVIATION OF THE WEEKEND IN BED TIME (HH:MM:SS)	
184	avgsleeponsettimewe5	AVERAGE TIME TO FALL ASLEEP FOR MAIN SLEEP ACROSS ALL WEEKEND DAYS (HH:MM:SS)	
185	sdsleeponsettimewe5	STANDARD DEVIATION OF THE WEEKEND SLEEP ONSET TIME (HH:MM:SS)	
186	avgsleepoffsettimewe5	AVERAGE TIME TO WAKE UP FOR MAIN SLEEP ACROSS ALL WEEKEND DAYS IN MINUTES (HH:MM:SS)	
187	sdsleepoffsettimewe5	STANDARD DEVIATION OF THE WEEKEND SLEEP OFFSET TIME (HH:MM:SS)	



## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
188	avgoutbedtimewe5	AVERAGE TIME TO GET OUT OF BED AFTER MAIN SLEEP ACROSS ALL WEEKEND DAYS IN MINUTES (HH:MM:SS)	
189	sdoutbedtimewe5	STANDARD DEVIATION OF THE WEEKEND OUT OF BED TIME (HH:MM:SS)	
190	avgrestmidpointwe5	AVERAGE TIME MIDPOINT BETWEEN WEEKEND IN BED AND OUT OF BED TIMES (HH:MM:SS)	
191	sdrestmidpointwe5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN WEEKEND IN BED AND OUT OF BED TIMES (HH:MM:SS)	
192	avgsleepmidpointwe5	AVERAGE TIME MIDPOINT BETWEEN WEEKEND SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	
193	sdsleepmidpointwe5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN WEEKEND SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	
194	avgwhitetaltwe5	AVERAGE WHITE LIGHT TIME ABOVE 1000 LUX THRESHOLD PER WEEKEND DAY (MINUTES)	
195	avgbluetaltwe5	AVERAGE BLUE LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER WEEKEND DAY (MINUTES)	
196	avggreentaltwe5	AVERAGE GREEN LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER WEEKEND DAY (MINUTES)	
197	avgredtaltwe5	AVERAGE RED LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER WEEKEND DAY (MINUTES)	
198	ndayswo5	NUMBER OF WORKDAY DAYS WITH SLEEP DATA IN RECORDING. ALSO, NUMBER OF MAIN REST INTERVALS IN RECORDING. USED AS THE DENOMINATOR IN CALCULATING "AVERAGES ACROSS ALL WORKDAY DAYS" (WORKDAY DAYS)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
199	avg24hrsleewo5	AVERAGE 24 HOUR SLEEP ACROSS ALL WORKDAY DAYS. THE SUM OF SLEEP TIME FROM ALL MAIN SLEEPS AND ALL NAPS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF WORKDAY DAYS IN THE RECORDING (MINUTES)	
200	sd24hrsleewo5	STANDARD DEVIATION OF 24 HOUR SLEEP ACROSS ALL WORKDAY DAYS (MINUTES)	
201	avginbeddurationwo5	AVERAGE IN BED INTERVAL DURATION FROM MAIN SLEEPS ACROSS ALL WORKDAY DAYS. THE TOTAL TIME BETWEEN THE TIME IN BED AND THE TIME OUT OF BED, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
202	sdinbeddurationwo5	STANDARD DEVIATION OF THE WORKDAY IN BED INTERVAL DURATION (MINUTES)	
203	avgsleeperioddurationwo5	AVERAGE SLEEP PERIOD DURATION FROM MAIN SLEEPS ACROSS ALL WORKDAY DAYS. THE TOTAL TIME BETWEEN SLEEP ONSET AND SLEEP OFFSET, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
204	sdsleeperioddurationwo5	STANDARD DEVIATION OF THE WORKDAY SLEEP PERIOD DURATION (MINUTES)	
205	avgmainsleewo5	AVERAGE SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL WORKDAY DAYS. THE SUM OF SLEEP TIME FROM MAIN SLEEP PERIODS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF DAYS IN THE RECORDING (MINUTES)	
206	sdmainsleewo5	STANDARD DEVIATION OF SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL WORKDAY DAYS (MINUTES)	
207	avgonsetlatencywo5	AVERAGE SLEEP ONSET LATENCY TIME IN MAIN SLEEPS ACROSS ALL WORKDAY DAYS IN MINUTES. THE AMOUNT OF TIME BETWEEN GETTING IN BED AND FALLING ASLEEP (SLEEP ONSET) (MINUTES)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
208	avgwasowo5	AVERAGE WAKE AFTER SLEEP ONSET (WASO) IN WORKDAY MAIN SLEEPS. THE AMOUNT OF TIME SPENT AWAKE BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (MINUTES)	
209	avgsnoozewo5	AVERAGE SNOOZE TIME IN MAIN SLEEPS ACROSS ALL WORKDAY DAYS. THE AMOUNT OF TIME BETWEEN WAKING UP (SLEEP OFFSET) AND GETTING OUT OF BED (MINUTES)	
210	avginbedwakewo5	AVERAGE TOTAL TIME SPENT AWAKE DURING THE WORKDAY IN BED INTERVAL. THE SUM OF ONSET LATENCY, WAKE AFTER SLEEP ONSET, AND SNOOZE TIME (MINUTES)	
211	avgefficiencywo5	AVERAGE SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL WORKDAY DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN GETTING IN BED AND GETTING OUT OF BED (PERCENT)	
212	sdefficiencywo5	STANDARD DEVIATION OF SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL WORKDAY DAYS (PERCENT)	
213	avgmainteffwo5	AVERAGE SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL WORKDAY DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (PERCENT)	
214	sdmainteffwo5	STANDARD DEVIATION OF SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL WORKDAY DAYS (PERCENT)	
215	avgfragmentationwo5	AVERAGE FRAGMENTATION INDEX IN MAIN SLEEPS ACROSS ALL WORKDAY DAYS (PERCENT)	The sum of Percent Mobile epochs and Percent Immobile Bouts Less Than 1-Minute Duration to the Number of Immobile Bouts, for the given interval. This is also known as the Index of Restlessness or Movement and Fragmentation Index.

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
216	avgsleepboutsw05	AVERAGE SLEEP BOUTS IN MAIN SLEEP PERIODS ACROSS ALL WORKDAY DAYS (SLEEP BOUTS)	
217	avgwakeboutsw05	AVERAGE WAKE BOUTS IN MAIN SLEEP PERIODS ACROSS ALL WORKDAY DAYS (WAKE BOUTS)	
218	ndaysnapsallwo5	NUMBER OF WORKDAY DAYS WITH NAPS WHEN ALL NAPS ARE COUNTED (WORKDAY DAYS)	
219	ndaysnapssleepwo5	NUMBER OF WORKDAY DAYS WITH NAPS WHEN ONLY NAPS WITH SOME SLEEP TIME ARE COUNTED (WORKDAY DAYS)	
220	ndaysnapssleep15wo5	NUMBER OF WORKDAY DAYS WITH NAPS WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (WORKDAY DAYS)	
221	avgnnapsallwo5	AVERAGE NUMBER OF NAPS PER WORKDAY DAY WHEN ALL NAPS ARE COUNTED (NAPS)	
222	avgnnapssleepwo5	AVERAGE NUMBER OF NAPS PER WORKDAY DAY WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (NAPS)	
223	avgnnapssleep15wo5	AVERAGE NUMBER OF NAPS PER WORKDAY DAY WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (NAPS)	
224	avgsleepnapsallwo5	AVERAGE SLEEP TIME PER WORKDAY NAP WHEN ALL NAPS ARE COUNTED (MINUTES)	
225	avgsleepnapssleepwo5	AVERAGE SLEEP TIME PER WORKDAY NAP WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	
226	avgsleepnapssleep15wo5	AVERAGE SLEEP TIME PER WORKDAY NAP WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
227	avgsleepnapdailywo5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL WORKDAY DAYS IN THE RECORDING WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
228	avgsleepnapdaily15wo5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL WORKDAY DAYS IN THE RECORDING WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
229	avginbedtimewo5	AVERAGE CLOCK TIME TO GET IN BED FOR MAIN SLEEP ACROSS ALL WORKDAY DAYS (HH:MM:SS)	
230	sdinbedtimewo5	STANDARD DEVIATION OF THE WORKDAY IN BED TIME (HH:MM:SS)	
231	avgsleeponsettimewo5	AVERAGE TIME TO FALL ASLEEP FOR MAIN SLEEP ACROSS ALL WORKDAY DAYS (HH:MM:SS)	
232	sdsleeponsettimewo5	STANDARD DEVIATION OF THE WORKDAY SLEEP ONSET TIME (HH:MM:SS)	
233	avgsleepoffsettimewo5	AVERAGE TIME TO WAKE UP FOR MAIN SLEEP ACROSS ALL WORKDAY DAYS IN MINUTES (HH:MM:SS)	
234	sdsleepoffsettimewo5	STANDARD DEVIATION OF THE WORKDAY SLEEP OFFSET TIME (HH:MM:SS)	
235	avgoutbedtimewo5	AVERAGE TIME TO GET OUT OF BED AFTER MAIN SLEEP ACROSS ALL WORKDAY DAYS IN MINUTES (HH:MM:SS)	
236	sdoutbedtimewo5	STANDARD DEVIATION OF THE WORKDAY OUT OF BED TIME (HH:MM:SS)	
237	avgrestmidpointwo5	AVERAGE TIME MIDPOINT BETWEEN WORKDAY IN BED AND OUT OF BED TIMES (HH:MM:SS)	
238	sdrestmidpointwo5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN WORKDAY IN BED AND OUT OF BED TIMES (HH:MM:SS)	
239	avgsleepmidpointwo5	AVERAGE TIME MIDPOINT BETWEEN WORKDAY SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	
240	sdsleepmidpointwo5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN WORKDAY SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
241	avgwhitetaltwo5	AVERAGE WHITE LIGHT TIME ABOVE 1000 LUX THRESHOLD PER WORKDAY DAY (MINUTES)	
242	avgbluetaltwo5	AVERAGE BLUE LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER WORKDAY DAY (MINUTES)	
243	avggreentaltwo5	AVERAGE GREEN LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER WORKDAY DAY (MINUTES)	
244	avgredtaltwo5	AVERAGE RED LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER WORKDAY DAY (MINUTES)	
245	ndaysnw5	NUMBER OF NON-WORKDAY DAYS WITH SLEEP DATA IN RECORDING. ALSO, NUMBER OF MAIN REST INTERVALS IN RECORDING. USED AS THE DENOMINATOR IN CALCULATING "AVERAGES ACROSS ALL NON-WORKDAY DAYS" (NON-WORKDAY DAYS)	
246	avg24hrsleepnw5	AVERAGE 24 HOUR SLEEP ACROSS ALL NON-WORKDAY DAYS. THE SUM OF SLEEP TIME FROM ALL MAIN SLEEPS AND ALL NAPS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF NON-WORKDAY DAYS IN THE RECORDING (MINUTES)	
247	sd24hrsleepnw5	STANDARD DEVIATION OF 24 HOUR SLEEP ACROSS ALL NON-WORKDAY DAYS (MINUTES)	
248	avginbeddurationnw5	AVERAGE IN BED INTERVAL DURATION FROM MAIN SLEEPS ACROSS ALL NON-WORKDAY DAYS. THE TOTAL TIME BETWEEN THE TIME IN BED AND THE TIME OUT OF BED, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
249	sdinbeddurationnw5	STANDARD DEVIATION OF THE NON-WORKDAY IN BED INTERVAL DURATION (MINUTES)	
250	avgsleepperioddurationnw5	AVERAGE SLEEP PERIOD DURATION FROM MAIN SLEEPS ACROSS ALL NON-WORKDAY DAYS. THE TOTAL TIME BETWEEN SLEEP ONSET AND SLEEP OFFSET, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
251	sdsleeperioddurationnw5	STANDARD DEVIATION OF THE NON-WORKDAY SLEEP PERIOD DURATION (MINUTES)	
252	avgmainsleepnw5	AVERAGE SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL NON-WORKDAY DAYS. THE SUM OF SLEEP TIME FROM MAIN SLEEP PERIODS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF DAYS IN THE RECORDING (MINUTES)	
253	sdmainsleepnw5	STANDARD DEVIATION OF SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL NON-WORKDAY DAYS (MINUTES)	
254	avgonsetlatencynw5	AVERAGE SLEEP ONSET LATENCY TIME IN MAIN SLEEPS ACROSS ALL NON-WORKDAY DAYS IN MINUTES. THE AMOUNT OF TIME BETWEEN GETTING IN BED AND FALLING ASLEEP (SLEEP ONSET) (MINUTES)	
255	avgwasonw5	AVERAGE WAKE AFTER SLEEP ONSET (WASO) IN NON-WORKDAY MAIN SLEEPS. THE AMOUNT OF TIME SPENT AWAKE BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (MINUTES)	
256	avgsnoozenw5	AVERAGE SNOOZE TIME IN MAIN SLEEPS ACROSS ALL NON-WORKDAY DAYS. THE AMOUNT OF TIME BETWEEN WAKING UP (SLEEP OFFSET) AND GETTING OUT OF BED (MINUTES)	
257	avginbedwakenw5	AVERAGE TOTAL TIME SPENT AWAKE DURING THE NON-WORKDAY IN BED INTERVAL. THE SUM OF ONSET LATENCY, WAKE AFTER SLEEP ONSET, AND SNOOZE TIME (MINUTES)	
258	avgefficiencynw5	AVERAGE SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL NON-WORKDAY DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN GETTING IN BED AND GETTING OUT OF BED (PERCENT)	
259	sdefficiencynw5	STANDARD DEVIATION OF SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL NON-WORKDAY DAYS (PERCENT)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
260	avgmaintechnw5	AVERAGE SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL NON-WORKDAY DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (PERCENT)	
261	sdmaintechnw5	STANDARD DEVIATION OF SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL NON-WORKDAY DAYS (PERCENT)	
262	avgfragmentationnw5	AVERAGE FRAGMENTATION INDEX IN MAIN SLEEPS ACROSS ALL NON-WORKDAY DAYS (PERCENT)	The sum of Percent Mobile epochs and Percent Immobile Bouts Less Than 1-Minute Duration to the Number of Immobile Bouts, for the given interval. This is also known as the Index of Restlessness or Movement and Fragmentation Index.
263	avgsleepboutsnw5	AVERAGE SLEEP BOUTS IN MAIN SLEEP PERIODS ACROSS ALL NON-WORKDAY DAYS (SLEEP BOUTS)	
264	avgwakeboutsnw5	AVERAGE WAKE BOUTS IN MAIN SLEEP PERIODS ACROSS ALL NON-WORKDAY DAYS (WAKE BOUTS)	
265	ndaysnapsallnw5	NUMBER OF NON-WORKDAY DAYS WITH NAPS WHEN ALL NAPS ARE COUNTED (NON-WORKDAY DAYS)	
266	ndaysnapssleepnw5	NUMBER OF NON-WORKDAY DAYS WITH NAPS WHEN ONLY NAPS WITH SOME SLEEP TIME ARE COUNTED (NON-WORKDAY DAYS)	
267	ndaysnapssleep15nw5	NUMBER OF NON-WORKDAY DAYS WITH NAPS WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (NON-WORKDAY DAYS)	
268	avgnnapsallnw5	AVERAGE NUMBER OF NAPS PER NON-WORKDAY DAY WHEN ALL NAPS ARE COUNTED (NAPS)	
269	avgnnapsleepnw5	AVERAGE NUMBER OF NAPS PER NON-WORKDAY DAY WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (NAPS)	



## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
270	avgnapssleep15nw5	AVERAGE NUMBER OF NAPS PER NON-WORKDAY DAY WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (NAPS)	
271	avgsleepnapsallnw5	AVERAGE SLEEP TIME PER NON-WORKDAY NAP WHEN ALL NAPS ARE COUNTED (MINUTES)	
272	avgsleepnapssleepnw5	AVERAGE SLEEP TIME PER NON-WORKDAY NAP WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	
273	avgsleepnapssleep15nw5	AVERAGE SLEEP TIME PER NON-WORKDAY NAP WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
274	avgsleepnapdailynw5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL NON-WORKDAY DAYS IN THE RECORDING WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	
275	avgsleepnapdaily15nw5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL NON-WORKDAY DAYS IN THE RECORDING WHEN ONLY NAPS WITH $\geq 15$ MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
276	avginbedtimenw5	AVERAGE CLOCK TIME TO GET IN BED FOR MAIN SLEEP ACROSS ALL NON-WORKDAY DAYS (HH:MM:SS)	
277	sdinbedtimenw5	STANDARD DEVIATION OF THE NON-WORKDAY IN BED TIME (HH:MM:SS)	
278	avgsleeponsettimenw5	AVERAGE TIME TO FALL ASLEEP FOR MAIN SLEEP ACROSS ALL NON-WORKDAY DAYS (HH:MM:SS)	
279	sdsleeponsettimenw5	STANDARD DEVIATION OF THE NON-WORKDAY SLEEP ONSET TIME (HH:MM:SS)	
280	avgsleepoffsettimenw5	AVERAGE TIME TO WAKE UP FOR MAIN SLEEP ACROSS ALL NON-WORKDAY DAYS IN MINUTES (HH:MM:SS)	
281	sdsleepoffsettimenw5	STANDARD DEVIATION OF THE NON-WORKDAY SLEEP OFFSET TIME (HH:MM:SS)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
282	avgoutbedtimenw5	AVERAGE TIME TO GET OUT OF BED AFTER MAIN SLEEP ACROSS ALL NON-WORKDAY DAYS IN MINUTES (HH:MM:SS)	
283	sdoutbedtimenw5	STANDARD DEVIATION OF THE NON-WORKDAY OUT OF BED TIME (HH:MM:SS)	
284	avgrestmidpointnw5	AVERAGE TIME MIDPOINT BETWEEN NON-WORKDAY IN BED AND OUT OF BED TIMES (HH:MM:SS)	
285	sdrestmidpointnw5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN NON-WORKDAY IN BED AND OUT OF BED TIMES (HH:MM:SS)	
286	avgsleepmidpointnw5	AVERAGE TIME MIDPOINT BETWEEN NON-WORKDAY SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	
287	sdsleepmidpointnw5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN NON-WORKDAY SLEEP ONSET AND SLEEP OFFSET TIMES (HH:MM:SS)	
288	avgwhitetaltnw5	AVERAGE WHITE LIGHT TIME ABOVE 1000 LUX THRESHOLD PER NON-WORKDAY DAY (MINUTES)	
289	avgbluetaltnw5	AVERAGE BLUE LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER NON-WORKDAY DAY (MINUTES)	
290	avggreentaltnw5	AVERAGE GREEN LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER NON-WORKDAY DAY (MINUTES)	
291	avgredtaltnw5	AVERAGE RED LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER NON-WORKDAY DAY (MINUTES)	
292	ndaysrd5	NUMBER OF RELIABLE DAYS WITH SLEEP DATA IN RECORDING. ALSO, NUMBER OF MAIN REST INTERVALS IN RECORDING. USED AS THE DENOMINATOR IN CALCULATING "AVERAGES ACROSS ALL RELIABLE DAYS" (RELIABLE DAYS)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
293	avg24hrsleeprd5	AVERAGE 24 HOUR SLEEP ACROSS ALL RELIABLE DAYS. THE SUM OF SLEEP TIME FROM ALL MAIN SLEEPS AND ALL NAPS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF RELIABLE DAYS IN THE RECORDING (MINUTES)	
294	sd24hrsleeprd5	STANDARD DEVIATION OF 24 HOUR SLEEP ACROSS ALL RELIABLE DAYS (MINUTES)	
295	avginbeddurationrd5	AVERAGE IN BED INTERVAL DURATION FROM MAIN SLEEPS ACROSS ALL RELIABLE DAYS. THE TOTAL TIME BETWEEN THE TIME IN BED AND THE TIME OUT OF BED, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
296	sдинbeddurationrd5	STANDARD DEVIATION OF THE IN BED INTERVAL DURATION ACROSS RELIABLE DAYS (MINUTES)	
297	avgsleepperioddurationrd5	AVERAGE SLEEP PERIOD DURATION FROM MAIN SLEEPS ACROSS ALL RELIABLE DAYS. THE TOTAL TIME BETWEEN SLEEP ONSET AND SLEEP OFFSET, INCLUDING TIME SPENT ASLEEP AND AWAKE (MINUTES)	
298	sdsleepperioddurationrd5	STANDARD DEVIATION OF THE SLEEP PERIOD DURATION ACROSS RELIABLE DAYS (MINUTES)	
299	avgmainsleeprd5	AVERAGE SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL RELIABLE DAYS. THE SUM OF SLEEP TIME FROM MAIN SLEEP PERIODS ACROSS THE RECORDING, DIVIDED BY THE TOTAL NUMBER OF DAYS IN THE RECORDING (MINUTES)	
300	sdmainsleeprd5	STANDARD DEVIATION OF SLEEP TIME IN MAIN SLEEP PERIODS ACROSS ALL RELIABLE DAYS (MINUTES)	
301	avgonsetlatencyrd5	AVERAGE SLEEP ONSET LATENCY TIME IN MAIN SLEEPS ACROSS ALL RELIABLE DAYS IN MINUTES. THE AMOUNT OF TIME BETWEEN GETTING IN BED AND FALLING ASLEEP (SLEEP ONSET) (MINUTES)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
302	avgwasord5	AVERAGE WAKE AFTER SLEEP ONSET (WASO) IN RELIABLE DAY MAIN SLEEPS. THE AMOUNT OF TIME SPENT AWAKE BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (MINUTES)	
303	avgsnoozerd5	AVERAGE SNOOZE TIME IN MAIN SLEEPS ACROSS ALL RELIABLE DAYS. THE AMOUNT OF TIME BETWEEN WAKING UP (SLEEP OFFSET) AND GETTING OUT OF BED (MINUTES)	
304	avginbedwakerd5	AVERAGE TOTAL TIME SPENT AWAKE DURING THE IN BED INTERVAL ACROSS RELIABLE DAYS. THE SUM OF ONSET LATENCY, WAKE AFTER SLEEP ONSET, AND SNOOZE TIME (MINUTES)	
305	avgefficiencyrd5	AVERAGE SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL RELIABLE DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN GETTING IN BED AND GETTING OUT OF BED (PERCENT)	
306	sdefficiencyrd5	STANDARD DEVIATION OF SLEEP EFFICIENCY IN MAIN SLEEPS ACROSS ALL RELIABLE DAYS (PERCENT)	
307	avgmaintefferd5	AVERAGE SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL RELIABLE DAYS. THE PERCENTAGE OF TIME SPENT ASLEEP BETWEEN FALLING ASLEEP (SLEEP ONSET) AND WAKING UP (SLEEP OFFSET) (PERCENT)	
308	sdmaintefferd5	STANDARD DEVIATION OF SLEEP MAINTENANCE EFFICIENCY IN MAIN SLEEPS ACROSS ALL RELIABLE DAYS (PERCENT)	
309	avgfragmentationrd5	AVERAGE FRAGMENTATION INDEX IN MAIN SLEEPS ACROSS ALL RELIABLE DAYS (PERCENT)	The sum of Percent Mobile epochs and Percent Immobile Bouts Less Than 1-Minute Duration to the Number of Immobile Bouts, for the given interval. This is also known as the Index of Restlessness or Movement and Fragmentation Index.

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
310	avgsleepboutsrd5	AVERAGE SLEEP BOUTS IN MAIN SLEEP PERIODS ACROSS ALL RELIABLE DAYS (SLEEP BOUTS)	
311	avgwakeboutsrd5	AVERAGE WAKE BOUTS IN MAIN SLEEP PERIODS ACROSS ALL RELIABLE DAYS (WAKE BOUTS)	
312	ndaysnapsallrd5	NUMBER OF DAYS WITH NAPS WHEN ALL NAPS ARE COUNTED, ACROSS RELIABLE DAYS (RELIABLE DAYS)	
313	ndaysnapssleeprd5	NUMBER OF RELIABLE DAYS WITH NAPS WHEN ONLY NAPS WITH SOME SLEEP TIME ARE COUNTED (RELIABLE DAYS)	
314	ndaysnapssleep15rd5	NUMBER OF RELIABLE DAYS WITH NAPS WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (RELIABLE DAYS)	
315	avgnnapsallrd5	AVERAGE NUMBER OF NAPS PER RELIABLE DAY WHEN ALL NAPS ARE COUNTED (NAPS)	
316	avgnnapssleeprd5	AVERAGE NUMBER OF NAPS PER RELIABLE DAY WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (NAPS)	
317	avgnnapssleep15rd5	AVERAGE NUMBER OF NAPS PER RELIABLE DAY WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (NAPS)	
318	avgsleepnapsallrd5	AVERAGE SLEEP TIME PER NAP ACROSS RELIABLE DAYS WHEN ALL NAPS ARE COUNTED (MINUTES)	
319	avgsleepnapssleeprd5	AVERAGE SLEEP TIME PER NAP ACROSS RELIABLE DAYS WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	
320	avgsleepnapssleep15rd5	AVERAGE SLEEP TIME PER NAP ACROSS RELIABLE DAYS WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
321	avgsleepnapdailyrd5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL RELIABLE DAYS IN THE RECORDING WHEN ONLY NAPS WITH SOME SLEEP ARE COUNTED (MINUTES)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
322	avgsleepnapdaily15rd5	AVERAGE SLEEP TIME IN NAPS PER DAY ACROSS ALL RELIABLE DAYS IN THE RECORDING WHEN ONLY NAPS WITH >=15 MINUTES OF SLEEP TIME ARE COUNTED (MINUTES)	
323	avginbedtimerd5	AVERAGE CLOCK TIME TO GET IN BED FOR MAIN SLEEP ACROSS ALL RELIABLE DAYS (HH:MM:SS)	
324	sdinbedtimerd5	STANDARD DEVIATION OF THE IN BED TIME ACROSS RELIABLE DAYS (HH:MM:SS)	
325	avgsleeponsettimerd5	AVERAGE TIME TO FALL ASLEEP FOR MAIN SLEEP ACROSS ALL RELIABLE DAYS (HH:MM:SS)	
326	sdsleeponsettimerd5	STANDARD DEVIATION OF THE SLEEP ONSET TIME ACROSS RELIABLE DAYS (HH:MM:SS)	
327	avgsleepoffsettimerd5	AVERAGE TIME TO WAKE UP FOR MAIN SLEEP ACROSS ALL RELIABLE DAYS IN MINUTES (HH:MM:SS)	
328	sdsleepoffsettimerd5	STANDARD DEVIATION OF THE SLEEP OFFSET TIME ACROSS RELIABLE DAYS (HH:MM:SS)	
329	avgoutbedtimerd5	AVERAGE TIME TO GET OUT OF BED AFTER MAIN SLEEP ACROSS ALL RELIABLE DAYS IN MINUTES (HH:MM:SS)	
330	sdoutbedtimerd5	STANDARD DEVIATION OF THE OUT OF BED TIME ACROSS RELIABLE DAYS (HH:MM:SS)	
331	avgrestmidpointrd5	AVERAGE TIME MIDPOINT BETWEEN IN BED AND OUT OF BED TIMES ACROSS RELIABLE DAYS (HH:MM:SS)	
332	sdrestmidpointrd5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN IN BED AND OUT OF BED TIMES ACROSS RELIABLE DAYS (HH:MM:SS)	
333	avgsleepmidpointrd5	AVERAGE TIME MIDPOINT BETWEEN SLEEP ONSET AND SLEEP OFFSET TIMES ACROSS RELIABLE DAYS (HH:MM:SS)	

## MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE

Order	Variable	Variable Description	Value Labels or Notes
334	sdsleepmidpointrd5	STANDARD DEVIATION OF THE MIDPOINT BETWEEN SLEEP ONSET AND SLEEP OFFSET TIMES ACROSS RELIABLE DAYS (HH:MM:SS)	
335	avgwhiteltrd5	AVERAGE WHITE LIGHT TIME ABOVE 1000 LUX THRESHOLD PER RELIABLE DAY (MINUTES)	
336	avgblueltrd5	AVERAGE BLUE LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER RELIABLE DAY (MINUTES)	
337	avggreentaltrd5	AVERAGE GREEN LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER RELIABLE DAY (MINUTES)	
338	avgredtaltrd5	AVERAGE RED LIGHT TIME ABOVE 1000 MICROWATTS PER SQUARE CENTIMETER THRESHOLD PER RELIABLE DAY (MINUTES)	
339	avgactactive5	AVERAGE ACTIVITY COUNT PER MINUTE IN ACTIVE INTERVALS ACROSS ALL DAYS (ACTIVITY COUNTS)	ACTIVE intervals are times in the recording where the watch is being worn, yet the scorer has not marked a REST interval.
340	avgactmainsleep5	AVERAGE ACTIVITY COUNT PER MINUTE IN MAIN SLEEP PERIODS ACROSS ALL DAYS (ACTIVITY COUNTS)	
341	avgactnaps5	AVERAGE ACTIVITY COUNT PER MINUTE IN NAP PERIODS ACROSS ALL DAYS (ACTIVITY COUNTS)	
342	avgact24hr5	AVERAGE ACTIVITY COUNT PER MINUTE OVER 24-HOUR PERIODS ACROSS ALL DAYS (ACTIVITY COUNTS)	
343	dstoverlap5	STUDY OVERLAPS WITH DAYLIGHT SAVING TIME START (MARCH) OR END (NOVEMBER)	0 = No overlap   1 = Overlaps with DST Start   2 = Overlaps with DST End
344	epochlength5	ORIGINAL EPOCH LENGTH FOR PROCESSED ACTIGRAPHY STUDY (SECONDS)	15 or 30 seconds. Vast majority of studies are 30 seconds; those in 15 seconds were remade in 30 seconds for consistent analysis with the 30 second epoch studies.

**MESA EXAM 5 ANCILLARY STUDY 113 SLEEP ACTIGRAPHY DATA SET VARIABLE GUIDE**