

Functional Outcomes of Sleep

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Some people have difficulty performing everyday activities when they feel tired or sleepy. The purpose of the next set of questions is to find out if you generally have difficulty carrying out certain activities because you are too sleepy or tired. In questions 1 - 25, when the words 'sleepy' or 'tired' are used, it means the feeling that you can't keep your eyes open, your head is droopy, that you want to 'nod off', or that you feel the urge to take a nap. These words do not refer to the tired or fatigued feeling you may have after you exercise.

Please fill in the circle for your answer to questions 1 - 26. Select only one answer for each question. Please try to be as accurate as possible.

FOPRODUC	FOSOCIAL
FOACTIV	FOVIGIL
FOFOSQ	

I don't do
this activity
for other
reasons

No
difficulty

Yes,
a little
difficulty

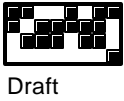
Yes,
moderate
difficulty

Yes,
extreme
difficulty

<p>① Do you have difficulty concentrating on the things you do because you are sleepy or tired? <input type="radio"/> 0</p>	<input type="radio"/> 4	<p>FOSOCOTH <input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1</p>
<p>② Do you generally have difficulty remembering things because you are sleepy or tired? <input type="radio"/> 0</p>	<input type="radio"/> 4	<p>FOSOREM <input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1</p>
<p>③ Do you have difficulty finishing a meal because you become sleepy or tired? <input type="radio"/> 0</p>	<input type="radio"/> 4	<p>FOSOMEAL <input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1</p>
<p>④ Do you have difficulty working on a hobby (for example, sewing, collecting, gardening) because you are sleepy or tired? <input type="radio"/> 0</p>	<input type="radio"/> 4	<p>FOSOHOBB <input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1</p>
<p>⑤ Do you have difficulty doing work around the house (for example, cleaning house, doing laundry, taking out the trash, repair work) because you are sleepy or tired? <input type="radio"/> 0</p>	<input type="radio"/> 4	<p>FOSOHOUS <input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1</p>
<p>⑥ Do you have difficulty operating a motor vehicle for short distances (less than 100 miles) because you are sleepy or tired? <input type="radio"/> 0</p>	<input type="radio"/> 4	<p>FOSOMOT1 <input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1</p>
<p>⑦ Do you have difficulty operating a motor vehicle for long distances (greater than 100 miles) because you are sleepy or tired? <input type="radio"/> 0</p>	<input type="radio"/> 4	<p>FOSOMOT2 <input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1</p>

Draft





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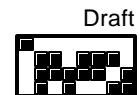
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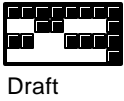
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	I don't do this activity for other reasons	No difficulty	Yes, a little difficulty	Yes, moderate difficulty	Yes, extreme difficulty
8 Do you have difficulty getting things done because you are too sleepy to drive or take public transportation?	<i>FOSODRIV</i> <input type="radio"/> 0	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
9 Do you have difficulty taking care of financial affairs and doing paperwork (for example, writing checks, paying bills, keeping financial records, filling out tax forms, etc.) because you are sleepy or tired?	<i>FOSOFIN</i> <input type="radio"/> 0	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
10 Do you have difficulty performing employed or volunteer work because you are sleepy or tired?	<i>FOSOWORK</i> <input type="radio"/> 0	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
11 Do you have difficulty maintaining a telephone conversation because you become sleepy or tired?	<i>FOSOPHON</i> <input type="radio"/> 0	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
12 Do you have difficulty visiting with your family or friends in <u>your</u> home because you become sleepy or tired?	<i>FOSOVIS1</i> <input type="radio"/> 0	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
13 Do you have difficulty visiting with your family or friends in <u>their</u> home because you become sleepy or tired?	<i>FOSOVIS2</i> <input type="radio"/> 0	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
14 Do you have difficulty doing things for your family or friends because you are too sleepy or tired?	<i>FOSOFAM</i> <input type="radio"/> 0	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
15 Do you have difficulty exercising or participating in sporting activity because you are too sleepy or tired?	<i>FOSOSPOR</i> <input type="radio"/> 0	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
16 Do you have difficulty watching a movie or videotape because you become sleepy or tired?	<i>FOSOMOV</i> <input type="radio"/> 0	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1





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I don't do this activity for other reasons No difficulty Yes, a little difficulty Yes, moderate difficulty Yes, extreme difficulty

17	Do you have difficulty enjoying the theater or a lecture because you become sleepy or tired?	FOSOTHEA ○ 0 ○ 4	○ 3	○ 2	○ 1
18	Do you have difficulty enjoying a concert because you become sleepy or tired?	FOSOCONC ○ 0 ○ 4	○ 3	○ 2	○ 1
19	Do you have difficulty watching TV because you are sleepy or tired?	FOSOTV ○ 0 ○ 4	○ 3	○ 2	○ 1
20	Do you have difficulty participating in religious services, meetings or a group or club because you are sleepy or tired?	FOSORELG ○ 0 ○ 4	○ 3	○ 2	○ 1
21	Do you have difficulty being as active as you want to be in the evening because you are sleepy or tired?	FOSOACT1 ○ 0 ○ 4	○ 3	○ 2	○ 1
22	Do you have difficulty being as active as you want to be in the morning because you are sleepy or tired?	FOSOACT2 ○ 0 ○ 4	○ 3	○ 2	○ 1
23	Do you have difficulty being as active as you want to be in the afternoon because you are sleepy or tired?	FOSOACT3 ○ 0 ○ 4	○ 3	○ 2	○ 1
24	Do you have difficulty keeping pace with others your own age because you are sleepy or tired?	FOSOPACE ○ 0 ○ 4	○ 3	○ 2	○ 1

25 Has your relationship with family, friends or work colleagues been affected because you are sleepy or tired? **FOSOFAM1**

Yes, a little ○ 3 Yes, moderately ○ 2 Yes, extremely ○ 1 No ○ 4

In what ways has your relationship been affected?

26 How would you rate your general level of activity? ○ 1 ○ 2 ○ 3 ○ 4

FOSOGACT

Very low Low Medium High

