

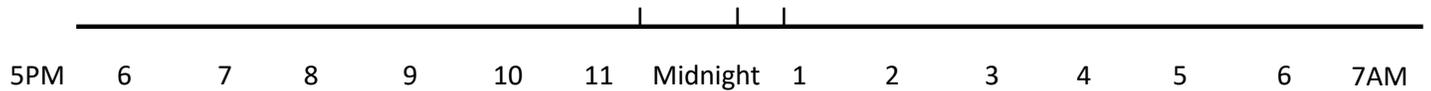
A) Horne Ostberg Questionnaire

(variables and coding in red)

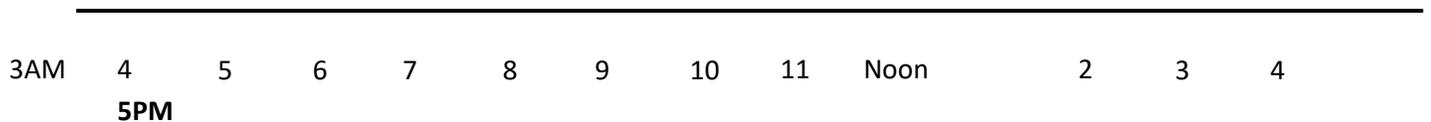
To answer the first two questions, please consider **ONLY** your own "feeling best" rhythm:

1. If you were free of any schedule and could **go to bed** at any time you wanted, what time would that be?

(Mark the time on the scale below)



1. If you were free of any schedule and could **wake and get up** at any time you wanted, what time would that be? (Mark the time on the scale below. Please note that this scale begins at 3AM.)



2. If there is a specific time at which you have to get up in the morning, to what extent are you dependent on being awakened by an alarm clock? (Check one)

- 1 Not at all dependent
- 2 Slightly dependent
- 3 Fairly dependent
- 4 Very dependent

3. One hears about "**morning**" and "**evening**" types of people. Which one of these types are you? (Check one)

- 1 Definitely a "morning " type
- 2 Rather more a "morning" than a "evening" type
- 3 Rather more an "evening" than a "morning" type
- 4 Definitely an "evening" type

4. How easy is it for you to get up in the morning? (Check one)

- 1_ Not at all easy
- 2_ Not very easy
- 3_ Fairly easy

4_Very easy

5. How alert do you feel during the first half-hour after waking? (*Check one*)

1_Not at all alert 2_ Slightly alert 3_ Fairly alert 4_Very alert

6. How is your appetite during the first half-hour after waking? (*Check one*)

1_Very poor 2_ Fairly poor 3_ Fairly good 4_Very good

7. During the first half-hour after waking, how tired do you feel? (*Check one*)

1_Very tired 2_ Fairly tired 3_ Fairly refreshed 4_ Very refreshed

8. At what time of evening do you feel tired and in need of sleep? (*Mark the time on the scale below*)



9. When you have no work or other responsibilities the next day, what time do you go to bed compared to your usual bedtime? (*Check one*)

- 1_Seldom or never later
- 2_Less than one hour later
- 3_1 to 2 hours later
- 4_More than 2 hours later

Please imagine yourself in the situations described in questions 11. thru 17. Check the answer that you think best describes your reaction.

10. Suppose you decided to join a friend for physical exercise twice each week. Considering your own "feeling best" rhythm. how do you think you would perform if the exercise was scheduled at 7 to 8 AM? (*Check one*)

- 1 Would be in good form
- 2 Would be in reasonable form
- 3 Would find it difficult
- 4 Would find it very difficult

11. Suppose you had to take a very difficult written test lasting for 2 hours and wanted to be at your very best. Considering your own "feeling best" rhythm, which test time would you choose? (*Check one*)

1 8:00 - 10:00 AM 2 11:00 AM - 1:00 PM 3 3:00 - 5:00 PM 4 7:00 - 9:00 PM

12. If you went to bed several hours later than usual, but there was no need to get up at any particular time the next morning, which of the following experiences do you think you would have? (*Check one*) *doze*

- 1 Will wake up at usual time and **will NOT** fall asleep
- 2 Will wake up at usual time and will doze thereafter
- 3 Will wake up at usual time, but will fall asleep again
- 4 Will not wake up until later than usual

13. Suppose that you have to stay awake between 4:00 and 6:00 AM to carry out a special task. You have no responsibilities the next day. Which one of the following plans for sleeping would suit you best? (Check one)

- 1 Would NOT go to bed until after task was over
- 2 Would take a nap before the task and sleep for several hours after
- 3 Would sleep for several hours before the task and take a nap after
- 4 Would get all your sleep before the task began and not have any sleep after the task

14. Imagine that you have to do two hours of hard physical work and you are entirely free to plan your day. Considering your own "feeling best" rhythm, which of the following times would you choose? (Check one)

- 1 8:00 - 10:00 AM 2 11:00 AM - 1:00 PM 3 3:00 - 5:00 PM 4 7:00 - 9:00 PM

15. You plan to start doing an hour of hard physical exercise twice a week from 10:00 to 11:00 PM. Thinking of only your own "feeling best" rhythm, how well would you perform? (Check one)

- 1 Would be in good form
- 2 Would be in reasonable form
- 3 Would find it difficult
- 4 Would find it very difficult

16. Suppose you can choose your own work hours. Assume you work a 5-hour day (including breaks) & that your job is interesting and paid by results. Mark the 5-hour period you would choose on this scale:

12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12
MIDNIGHT NOON MIDNIGHT

17. At what level of tiredness would you be if you went to bed at 11:00 PM? (Check one)

- 1 Not at all tired 2 A little tired 3 Fairly tired 4 Very tired

18. At what time of day do you think that you reach your "feeling best" peak? (Mark the time on the scale below)

12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12
MIDNIGHT NOON MIDNIGHT

Overall Horne-Ostberg Score (**ho_score**) is the sum of all of the responses with these scores as seen in coding, except:

alarm, no_work, exercise, best, doze	4, 3, 2, 1
ctype	6, 4, 2, 0
Sleep11	0, 2, 3, 5
Waketime	< 6:30 = 5, 6:30-7:45 = 4, 7:45-9:45 = 3, 9:45-11:00=2, > 11:00=1

Bedtime	17:00-21:00 = 5, 21:00-22:15 = 4, 22:15-0:30 = 3, 0:30-1:45 = 2, 1:45-3:00 = 1
Tired_time	3:00-21:00 = 5, 21:00-22:15=4, 22:15-0:45=3, 0:45-2:00 =2, 2:00-3:00 = 1
Opt_start	4:00-8:00 =5, 8:00-10:00=4, 10:00-14:00=3, 14:00-17:00=2, 17:00 = 1
Peak	4:00-8:00=5, 8:00-10:00=4, 10:00-17:00=3, 17:00-22:00 = 2, 22:00=1

Individual item scores are available on request.