The following questions are about your sleep. Please consider both what others have told you about your sleep and what you know yourself. If you have any questions, please ask a MESA staff member.

1. Since your MESA clinic visit, have you been awakened at night by trouble breathing?
   - Yes
   - No
   - Don't Know

2. Have you ever snored (now or at any time in the past)?
   - Yes
   - No
   - Don't Know

3. How often do you snore now?
   - 0: Do not snore any more  ➔  Skip to question 5
   - 1: Sometimes (up to 2 nights a week)
   - 2: Frequently (3-5 nights a week)
   - 3: Always or almost always (6-7 nights a week)
   - 9: Don't know

4. How loud is your snoring?
   - 1: Only slightly louder than heavy breathing
   - 2: About as loud as talking
   - 3: Louder than talking
   - 4: Extremely loud - can be heard through a closed door
   - 9: Don't know

5. Are there times when you stop breathing during your sleep?
   - Yes
   - No
   - Don't Know

6. How often do you have times when you stop breathing during your sleep?
   - 1: Sometimes (up to 2 nights a week)
   - 2: Frequently (3-5 nights a week)
   - 3: Always or almost always (6-7 nights a week)
   - 9: Don't know

Skip to question 5

Skip to question 7
7 How often do you feel excessively (overly) sleepy during the day?
   0 Never or rarely (1 day/month or less)
   1 Sometimes (2-4 days/month) sleepdy2
   2 Often (5-15 days/month)
   3 Almost always (16-30 days/month)

8 Have you ever been told by a doctor that you had sleep apnea (a condition in which breathing stops briefly during sleep)?
   Yes - No - Don’t know apnea2
   1 Never or rarely (1 day/month or less)
   2 Sometimes (2-4 days/month)
   3 Often (5-15 days/month)
   4 Almost always (16-30 days/month)

9 How often do you "make time" in your schedule for a regular nap or "siesta" in the afternoon?
   0 Never or rarely → Questionnaire Completed
   1 Sometimes
   2 Often
   3 Every day or almost every day nap2

10 When you do nap in the afternoon, how long do you sleep?
    naphr2 hours
    napmin2 minutes
    (Example: if 30 minutes, enter "0" hours, "30" minutes)

11 What are your reasons for regular napping in the afternoon? (Select all that apply.)
   1 I do not get enough sleep at night whynap2
   2 I nap due to an illness or for medical reasons
   3 I nap because it makes me feel refreshed in general
   9 Other → please specify rsnnapo2

For MESA Field Center Use Only:
Form completed in: ○ Home slploch2 ○ Clinic slplocc2
   Completed by: ○ Self-Administered slpadm2 ○ Interviewer-Administered slpid2
   Interviewer ID: slptid2  Reviewer ID: slprid2  Data Entry ID: slpdid2