| SP | (Affix Label Here) Participant ID: | | Filled Out | :] y y y |
|----------------------|---|---------------------------------------|-------------|-----------------|
| LONG LIFE | Participant Name Code: | Interviewer Co <u>Circle</u> BU | enter Locat | tion: UP |
| <u>Circle Visit:</u> | ² Visit 1 Follow-Up ⁴ Visit 2 (Ne | w Participant) | | |
| Form Version Date: _ | _22/09/2011_ | | | |

Health Habits Questionnaire (Visit 2 New Participants)

Interviewer Script: The next series of questions will ask you about your usual activity level during your lifetime. If you are not certain, please try to answer the question to the best of your recollection.

Historical Physical Activity Ouestions:

- **Q1**. Please choose the category that best describes your <u>usual activity level during a typical week, when you were a teenager?</u>
- Q2. Please choose the category that best describes your <u>usual activity level during a typical week, when you</u> were around age 25?

¹......Moving about only minimally to carry out everyday chores
 ²......Light physical activity 1-2 times per week
 ³.....Light physical activity several times per week
 ⁴.....Physical activity causing breathlessness and sweating 1-2 times per week
 ⁵.....Physical activity causing breathlessness and sweating several times per week
 ⁶.....Physical activity causing breathlessness and <u>heavy</u> sweating several times per week
 ^R.....Refused
 ^D.....Don't Know

Q3. Please choose the category that best describes your <u>usual activity level during a typical week, when you</u> were around age 50?

| \square^1 Moving about only minimally to carry out everyday chores |
|--|
| \square^2 Light physical activity 1-2 times per week |
| ³ Light physical activity several times per week |
| 4^{4} Physical activity causing breathlessness and sweating 1-2 times per week |
| ⁵ Physical activity causing breathlessness and sweating several times per week |
| \Box_{-}^{6} Physical activity causing breathlessness and <u>heavy</u> sweating several times per week |
| ^R Refused |
| Don't Know |
| ^N Not Applicable |

Q4. Please choose the category that best describes your <u>usual activity level during a typical week, over the past month?</u>

| ¹ Moving about only minimally to carry out everyday chores |
|---|
| \square^2 Light physical activity 1-2 times per week |
| \square^3 Light physical activity several times per week |
| \square^4 Physical activity causing breathlessness and sweating 1-2 times per week |
| ⁵ Physical activity causing breathlessness and sweating several times per week |
| \square^6 Physical activity causing breathlessness and <u>heavy</u> sweating several times per week |
| RRefused |
| Don't Know |
| |

Sleep Habit Ouestions

A. Sleep Patterns

Interviewer Script: The "LONG LIFE Family Study" Investigators are also very interested in examining the relationship between sleep habits and longevity. The following questions will ask specific details about your sleep habits. If you are not certain, please try to answer the question to the best of your ability.

Q5. How much sleep do you usually get at night (or in your main sleep period) on weekdays or workdays?

| Hours: Minutes: | Refused |
|-----------------|---------|
|-----------------|---------|

Q6. How much sleep do you usually get at night (or in your main sleep period) on weekends or your non-work days?

| Hours: | Minutes: | | ^R Refused |
|--------|----------|--|----------------------|
|--------|----------|--|----------------------|

Q7. How many minutes does it usually take you to fall asleep at bedtime?

Minutes:

R.....Refused

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| Parti | cipant ID: | Participant N | Name Code: |
|--------------|---|---|--------------------------------------|
| Q 8. | During a usual week, how man | y times do you nap for 5 minute | es or longer? |
| | Number of Times: | 0None Go to Q12 | Go to Q12 |
| Q 9. | Do you try to "make time" in y <i>Check One</i>) | our schedule for a regular nap o | r "siesta" in the afternoon? (Please |
| | $ \begin{array}{c} 0 \\ 1 \\ 2 \\ 3 \\ R \\ \end{array} $ | Sometimes Often Everyday or almost everyday | Go to Q12 Go to Q12 |
| Q 10. | . When you do nap in the after Hours: | noon, how long do you sleep? Minutes: | RRefused |
| | | | |

Q11. What best describes your reason for regular napping in the afternoon? (*Check all that apply*)

| ¹ | .I do not get enough sleep at night |
|----------------------|--|
| <u></u> ² | .I nap due to an illness or for medical reasons |
| 3 | .I nap because it makes me feel refreshed in general |
| ⁴ | .Other Please explain: |
| R | Refused |

Q12. Please indicate how often you experience each of the following. *[Please check one box for each item (a) through (j)]*:

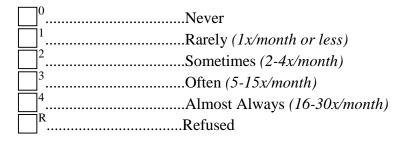
Q12a. Have trouble falling asleep.

| ⁰ | Never |
|----------------------|---------------------------|
| \Box^1 | Rarely (1x/month or less) |
| 2^{2} | Sometimes (2-4x/month) |
| ³ | Often (5-15x/month) |
| ⁴ | |
| □ ^R | Refused |

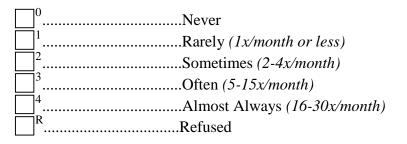
Q12b. Wake up during the night and have difficulty getting back to sleep

| ז ⁰ ן | Never |
|------------------|------------------------------|
|] ¹ I | Rarely (1x/month or less) |
|] ² | Sometimes (2-4x/month) |
|] ³ (| Often (5-15x/month) |
|]4 | Almost Always (16-30x/month) |
|] ^R F | Refused |

Q12c. Wake up too early in the morning and am unable to get back to sleep



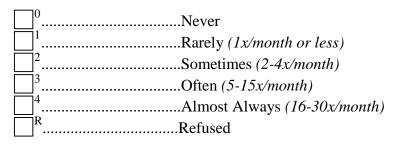
Q12d. Feel unrested during the day, no matter how many hours of sleep you had.



Q12e. Feel excessively (overly) sleepy during the day.

| \square^0 . | Never |
|--------------------------|---------------------------|
| \square^1 . | Rarely (1x/month or less) |
| $\boxed{}^2$. | Sometimes (2-4x/month) |
| $\boxed{}^3$. | Often (5-15x/month) |
| \square^4 . | |
| $\square^{\mathbb{R}}$. | Refused |

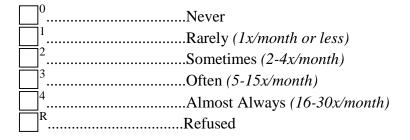
Q12f. Do not get enough sleep.



Q12g. Take sleeping pills or other medication to help you sleep.

| \Box^0 | Never |
|------------|---------------------------------|
| 1 | Rarely (1x/month or less) |
| \Box^{2} | Sometimes (2-4 <i>x/month</i>) |
| 3 | Often (5-15x/month) |
| 4 | Almost Always (16-30x/month) |
| R | Refused |

Q12h. Nasal stuffiness, obstruction or discharge at night.



Q12i. Leg jerks.

| \square^0 | Never |
|---------------|---------------------------|
| \square^1 | Rarely (1x/month or less) |
| \square^2 | Sometimes (2-4x/month) |
| \square^3 | Often (5-15x/month) |
| \square^4 | |
| \square^{R} | Refused |

Q12j. Leg cramps.

| 0 | Never |
|------------------------|------------------------------|
| <u> </u> | Rarely (1x/month or less) |
| $\boxed{}^2$ | Sometimes (2-4x/month) |
| $\overline{\square}^3$ | Often (5-15x/month) |
| | Almost Always (16-30x/month) |
| | Refused |

B. Snoring and Breathing

Interviewer Note: "The next few questions are about snoring and breathing during sleep. To answer these questions, please consider **both** what others have told you, as well as what you know to be true and correct."

Q13. Have you ever snored (now or at any time in the past)?

| \square^1 | Yes | |
|-------------|------------|-----------|
| <u> </u> 0 | No | Go to Q18 |
| R | Refused | Go to Q18 |
| D | Don't Know | Go to Q18 |

Q14. How often do you snore now? (*Please check one*)

| 0 | Do not snore any more. | Go to Q17 |
|--------------|------------------------------|-----------------|
| <u>1</u> | Rarely (less than 1 night/we | ek) |
| ² | Sometimes (1-2 nights/week | ;) |
| 3 | Frequently (3-5 nights/week |) |
| 4 | Always or almost always (6 | -7 nights/week) |
| R | Refused | Go to Q17 |
| D | Don't Know | Go to Q17 |

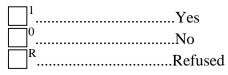
Q15. How loud is your snoring? (*Please check one*)

| ¹ | Only slightly louder than heavy breathing |
|----------------------|---|
| ² | About as loud as mumbling or talking |
| 3 | Louder than talking |
| <u></u> ⁴ | Extremely loud (can be heard through a closed door) |
| R | Refused |
| D | Don't Know |

Q16. Has your snoring been ____? (*Please check one*)

|] ¹ Increasi | ng over time? |
|-------------------------|----------------|
|] ² Decreas | ing over time? |
| ³ Staying | the same? |
| ^R Refused | |
|] ^D Don't Ki | now |

Q17. Have you ever had somnoplasty, laser treatment, or surgery as treatment for your snoring?



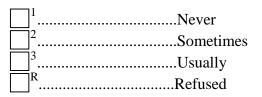
Q18. Are there times when you stop breathing during your sleep?

| <u>1</u> | Yes | Go to Q19 |
|----------|------------|-----------|
| 0 | No | Go to Q20 |
| R | Refused | Go to Q20 |
| D | Don't Know | Go to Q20 |

Q19. How often do you have times when you stop breathing during your sleep?

| \square^1 | Rarely (less than 1 night/week) |
|--------------|---|
| $\boxed{}^2$ | Sometimes (1-2 nights/week) |
| <u> </u> | Frequently (3-5 nights/week) |
| ⁴ | Always or almost always (6-7 nights/week) |
| R | Refused |
| D | Don't Know |

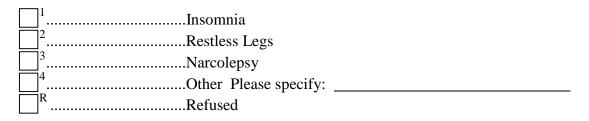
Q20. During the past year, how often have one or more members of your household been in or near the room where you have slept? *Interviewer Note: Living alone should be marked as "never"*.



Q21. Have you ever been told by a doctor that you have a sleep disorder (other than sleep apnea)?



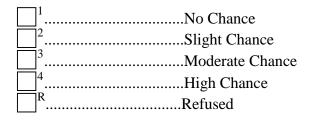
Q22. What sleep disorder were you told that you have? (*Check all that apply*)



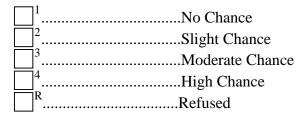
C. Sleepiness

Q23. What is the chance that you would doze off or fall asleep (<u>not just "feel tired"</u>) in each of the following situations? (*Please check one box for each situation*. *If you are never or rarely in this situation, please give your "best estimate" as to what would happen.*)

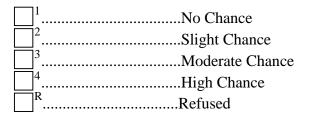
Q23a. Sitting and reading.



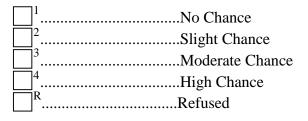
Q23b. Watching TV.



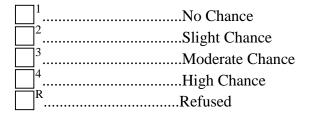
Q23c. Sitting inactive in a public place (such as a theater or meeting).



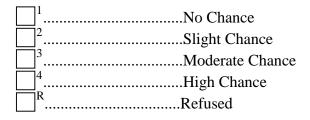
Q23d. Riding as a passenger in a car for an hour without a break.



Q23e. Lying down to rest in the afternoon when circumstances permit.



Q23f. Sitting and talking to someone.



Q23g. Sitting quietly after a meal without alcohol.

| \square^1 | No Chance |
|------------------------|---------------|
| $\overline{\square}^2$ | Slight Chance |
| | |
| ⁴ | High Chance |
| R | Refused |

Q23h. In a car, while stopped for a few minutes in traffic. *Interviewer Note: Participant should* answer as if they were the driver or the passenger.

| \square^1 | No Chance |
|------------------------|---------------|
| $\overline{\square}^2$ | Slight Chance |
| — 3 | |
| ⁴ | High Chance |
| R | Refused |

Q23i. At the dinner table.

| \square^1 | No Chance |
|--------------------------|---------------|
| $\overline{\square}^{2}$ | Slight Chance |
| $\overline{\square}^{3}$ | |
| $\overline{\Box}^{4}$ | High Chance |
| □ ^R | Refused |

Q23j. While driving.

| ¹ | No Chance |
|------------------------|---------------|
| $\overline{\square}^2$ | Slight Chance |
| | |
| ⁴ | High Chance |
| □ ^R | Refused |