

OMB Control No. 2127-0682
Expiration Date 02/28/2015

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Morning/Evening Phone Screening

Because we are conducting a study to determine how sleep impacts driving performance, the following questions ask you about your sleep patterns. Your answer will determine if you continue to meet the study qualifications. We need participants with a variety of levels and patterns of sleep, so there are no right or wrong answers. Please respond as honestly and accurately as you can.

1. Considering your own “feeling beat” rhythm, at what time would you get up if you were entirely free to plan your day?
 - 5:00 AM-6:30 AM—5 points
 - 6:30 AM-7:45 AM—4 points
 - 7:45 AM-9:45 AM—3 points
 - 9:45 AM-11:00 AM—2 points
 - 11:00 AM-12:00 PM—1 point

2. During the first half hour after woken in the morning, how tired do you feel?
 - Very tired—1 point
 - Fairly Tired—2 points
 - Fairly refreshed—3 points
 - Very refreshed—4 Points

3. At what time in the evening do you feel tired and as a result in need of sleep?
 - 8:00 PM - 9:00 PM—5 points
 - 9:00 PM - 10:15 PM—4 points
 - 10:15PM - 12:45 AM—3 points
 - 12:45 AM- 2:00 AM —2 points
 - 2:00 AM- 3:00 AM—1 point

4. At what time of the day do you think you reach your “feeling best” peak?
 - 5:00 AM - 8:00 AM - 5 points
 - 8:00 AM - 10:00 AM - 4 points
 - 10:00 AM - 5:00 PM - 3 points
 - 5:00 PM - 10:00 PM - 2 points
 - 10:00 PM - 5:00 AM - 1 point

5. One hears about “morning” and “evening” types of people. Which ONE of these types do you consider yourself to be?
 - Definitely a “morning” type—6 points
 - Rather more a “morning” than an evening type—4 points
 - Rather more a “evening” than a “morning” type —2 points
 - Definitely a “evening” type”—0 Points

Scores 12 and above include in study and proceed to General Health Exclusion Criteria (page 3 Phone screening procedures)

Scores 11 and below will not be included in study, proceed to Closing (page 6 Phone Screening Procedures)