

## Smartphone Questions

### ***Sleep Log***

I went to bed at?

I got out of bed at?

### ***Karolinska Sleepiness Scale (KSS)***

How sleepy are you now?

- Extremely alert
- 
- Alert
- 
- Neither alert nor sleepy
- 
- Sleepy, but no effort to stay awake
- 
- Extremely sleepy – fighting sleep

### ***Stress Scale (SS)***

- Not stressed
- 
- 
- 
- Very Stressed

### ***Fatigue Scale (FS)***

- Alert
- 
- 
- 
- Tired

### ***Difficulty of Drive***

- Easy
- 
- 
- 
- Difficult

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***Safety Hazards***

Few

Many