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Form Approved
OMB No. 0920-xxxx
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## SLEEP AND ACTIVITIES DIARY

CDC estimates the average public reporting burden for this collection of information as 5 minutes per response, including the time for reviewing instructions, searching existing data/information sources, gathering and maintaining the data/information needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-XXXX).

| ACTIVITY | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Wake up time: | :_am pm | :_am pm | :__am pm | :=am pm | :_am pm | :__am pm | :_am pm |
| Sleepiness rating |  |  |  |  |  |  |  |
| Fatigue rating |  |  |  |  |  |  |  |
| PVT score | , | - |  |  |  |  |  |
| During sleep period: |  |  |  |  |  |  |  |
| Number of times awake |  |  |  |  |  |  |  |
| Total time spent awake (estimate) | _hrs $\ldots \quad$ min | _hrs $\ldots \quad$ min | _hrs $\ldots \quad \mathrm{min}$ | _hrs $\ldots \quad$ min | __hrs _ min | _hrs $\ldots \quad$ min | __hrs min |
| Cause? <br> (e.g., stress, sick) |  |  |  |  |  |  |  |
| Did you fall back asleep? | Yes No | Yes No | Yes No | Yes No | Yes No | Yes No | Yes No |
| After waking up: |  |  |  |  |  |  |  |
| 4 hrs after wakeup | __: $\mathrm{am} \mathrm{pm}^{\text {a }}$ | : $=\mathrm{am} \mathrm{pm}$ | : $=\mathrm{am} \mathrm{pm}$ | :=am pm | :_am pm | : $=\mathrm{am} \mathrm{pm}$ | :_am pm |
| Sleepiness rating |  |  |  |  |  |  |  |
| Fatigue rating |  |  |  |  |  |  |  |
| PVT score |  |  |  |  |  |  |  |
| 8 hrs after wakeup | : $=\mathrm{am} \mathrm{pm}$ | : $=\mathrm{am} \mathrm{pm}$ | :_am pm | : $=\mathrm{am} \mathrm{pm}$ | :_am pm | :_am pm | :_am pm |
| Sleepiness rating |  |  |  |  |  |  |  |
| Fatigue rating |  |  |  |  |  |  |  |
| PVT score |  |  |  |  |  |  |  |
| 12 hrs after wakeup |  |  |  |  |  |  |  |
| Sleepiness rating |  |  |  |  |  |  |  |
| Fatigue rating |  |  |  |  |  |  |  |
| PVT score |  |  |  |  |  |  |  |
| At bedtime: | _.__am pm | _:_am pm | _:_am pm | =_- am pm | _:_ampm | _:_am pm | :__am pm |
| Sleepiness rating |  |  |  | - | - |  |  |
| Fatigue rating |  |  |  |  |  |  |  |
| PVT score |  |  |  |  |  |  |  |

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Use the following fatigue and sleepiness ratings for your responses.

## FATIGUE RATING:

1 = extremely alert, wide awake, feeling motivated to work
2 = very alert, lively, responsive, but not at peak, very easy to think and function
3 = alert, somewhat refreshed, easy to think about what you are doing
4 = fairly alert, able to think about what you are doing
$5=$ neither tired nor alert, not feeling refreshed
6 = somewhat tired, dragging
7 = tired, difficult to think about what you are doing
$8=$ very tired, some exhaustion, very difficult to think or function
9 = extremely tired, completely exhausted, cannot function or think clearly

## SLEEPINESS RATING:

1 = extremely alert
2 = very alert
3 = alert
4 = fairly alert
5 = neither sleepy nor alert
6 = some signs of sleepiness
7 = sleepy, but no effort to stay alert
8 = very sleepy, some effort to keep alert
$9=$ extremely sleepy, fighting sleep, great effort to stay alert
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| Complete the sleep and activities diary the best you can. |  |  |  | Week of |  | / __- _ / 20 |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ACTIVITY | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Activities start time | :__am pm | :__am pm | :__am pm | :__am pm | :__am pm | :__am pm | :__am pm |
| Drove taxi/rideshare today? | Yes No | Yes No | Yes No | Yes No | Yes No | Yes No | Yes No |
| Shift start time | :__am pm | :__am pm | :__am pm | :__am pm | :_am pm | :__am pm | :__am pm |
| How many miles driven? | miles | miles | miles | miles | miles | miles | miles |
| How long did you drive? | $\begin{aligned} & \quad \mathrm{hrs} \\ & \ldots \quad \mathrm{~min} \end{aligned}$ | $\begin{aligned} & \quad \mathrm{hrs} \\ & \ldots \quad \mathrm{~min} \end{aligned}$ | $\begin{aligned} & \quad \mathrm{hrs} \\ & \ldots \quad \mathrm{~min} \end{aligned}$ | $\ldots \mathrm{hrs}$ | $\begin{aligned} & \quad \mathrm{hrs} \\ & \ldots \quad \mathrm{~min} \end{aligned}$ | $\begin{aligned} & \quad \mathrm{hrs} \\ & \ldots \quad \mathrm{~min} \end{aligned}$ | $\begin{aligned} & \quad \mathrm{hrs} \\ & \ldots \quad \mathrm{~min} \end{aligned}$ |
| How much \$ in fares? | \$ | \$ | \$ | \$ | \$ | \$ | \$ |
| How much \$\$ in tips? | \$ | \$ | \$ | \$ | \$ | \$ | \$ |
| How many trips done? |  |  |  |  |  |  |  |
| Number of breaks |  |  |  |  |  |  |  |
| 1.Break time Break length | $\begin{gathered} : \quad \mathrm{am} \mathrm{pm} \\ \ldots \quad \mathrm{~min} \end{gathered}$ | $\begin{gathered} :=\text { am pm } \\ \ldots \mathrm{min} \end{gathered}$ | $\begin{gathered} \therefore: \quad \mathrm{am} \mathrm{pm} \\ \quad \ldots \mathrm{~min} \\ \hline \end{gathered}$ | $\begin{aligned} & \text { __ } \mathrm{am} \mathrm{pm} \\ & \ldots \mathrm{~min} \end{aligned}$ | $\begin{gathered} : \quad \mathrm{am} \mathrm{pm} \\ \mathrm{~min} \end{gathered}$ | $\begin{aligned} & \quad=\mathrm{am} \mathrm{pm} \\ & \ldots \quad \mathrm{~min} \end{aligned}$ |  |
| 2.Break time Break length | $\begin{gathered} : \quad \mathrm{am} \mathrm{pm} \\ \quad \mathrm{~min} \end{gathered}$ | $\begin{gathered} =: \quad \mathrm{am} \mathrm{pm} \\ \quad \mathrm{~min} \end{gathered}$ | $\begin{gathered} \therefore \quad: \quad \mathrm{am} \mathrm{pm} \\ \quad \text { min } \end{gathered}$ | $\begin{aligned} & =\quad \mathrm{am} \mathrm{pm} \\ & \ldots \mathrm{~min} \end{aligned}$ | $\begin{gathered} \therefore \quad \mathrm{am} \mathrm{pm} \\ \ldots \mathrm{~min} \end{gathered}$ | $\begin{aligned} & =\mathrm{am} \mathrm{pm} \\ & =\mathrm{min} \end{aligned}$ | $\begin{gathered} =\mathrm{am} \mathrm{pm} \\ \quad \_\mathrm{min} \end{gathered}$ |
| 3.Break time Break length | $\begin{gathered} : \quad \mathrm{am} \mathrm{pm} \\ \ldots \quad \mathrm{~min} \end{gathered}$ | $\begin{gathered} \therefore \quad \therefore \quad \mathrm{am} \mathrm{pm} \\ \mathrm{~min} \end{gathered}$ | $\begin{gathered} -\quad \mathrm{am} \mathrm{pm} \\ \quad \mathrm{~min} \end{gathered}$ | $-\quad \underset{\min }{\mathrm{am} \mathrm{pm}}$ | $\begin{gathered} \quad=\quad \mathrm{am} \mathrm{pm} \\ \mathrm{~min} \end{gathered}$ | $-\quad-\quad \underset{\min }{\mathrm{am}}$ | $\begin{gathered} : \quad \mathrm{ampm} \\ \mathrm{~min} \end{gathered}$ |
| Number of naps taken |  |  |  |  |  |  |  |
| 1.Nap time Nap length | $\begin{gathered} : \quad \text { am pm } \\ \quad \mathrm{min} \end{gathered}$ | $\begin{gathered} :=\mathrm{am} \mathrm{pm} \\ \mathrm{~min} \end{gathered}$ | $\begin{gathered} :=\mathrm{am} \mathrm{pm} \\ \quad[\mathrm{~min} \end{gathered}$ | $\begin{gathered} =\quad \mathrm{am} \mathrm{pm} \\ \ldots \mathrm{~min} \\ \hline \end{gathered}$ | $\begin{gathered} : \quad \text { am pm } \\ \mathrm{min} \end{gathered}$ | $\begin{aligned} & =\mathrm{am} \mathrm{pm} \\ & =\mathrm{min} \\ & \hline \end{aligned}$ | $\begin{gathered} =\mathrm{am} \mathrm{pm} \\ =\quad \mathrm{min} \\ \hline \end{gathered}$ |
| 2.Nap time Nap length | $\begin{gathered} :-\quad \mathrm{am} \mathrm{pm} \\ \mathrm{~min} \end{gathered}$ | $\begin{gathered} \therefore \quad \mathrm{am} \mathrm{pm} \\ \mathrm{~min} \end{gathered}$ | $\begin{gathered} -\quad \mathrm{am} \mathrm{pm} \\ \mathrm{~min} \end{gathered}$ | $\begin{aligned} & \text { ___ } \mathrm{am} \mathrm{pm} \\ & \ldots \mathrm{~min} \\ & \hline \end{aligned}$ | $\begin{gathered} \quad: \quad \mathrm{am} \mathrm{pm} \\ \mathrm{~min} \end{gathered}$ | $\begin{gathered} \mathrm{am} \mathrm{pm} \\ \ldots \mathrm{~min} \end{gathered}$ |  |
| 3.Nap time Nap length | $\begin{gathered} : \quad \mathrm{am} \mathrm{pm} \\ \ldots \quad \mathrm{~min} \end{gathered}$ | $\begin{gathered} :=\mathrm{am} \mathrm{pm} \\ \ldots \quad \mathrm{~min} \end{gathered}$ | $\begin{gathered} :-\quad \mathrm{am} \mathrm{pm} \\ \quad \_\mathrm{min} \end{gathered}$ | $\begin{aligned} & =\quad \mathrm{am} \mathrm{pm} \\ & \ldots \quad \mathrm{~min} \end{aligned}$ | $\begin{gathered} : \quad \text { am pm } \\ \ldots \quad \mathrm{min} \end{gathered}$ | $\begin{aligned} & =\quad \mathrm{am} \mathrm{pm} \\ & =\mathrm{min} \\ & \hline \end{aligned}$ | $\begin{gathered} \text {-__am pm } \\ \quad \text { min } \\ \hline \end{gathered}$ |
| Shift end time | :_am pm | :__am pm | :__am pm | :__am pm | :_am pm | am pm | am pm |
| How much caffeinated coffee? | cups | cups | cups | cups | cups | cups | cups |
| Other caffeine product? <br> (like soda, tea, pills) |  |  |  |  |  |  |  |
| How much alcohol? | drinks | drinks | drinks | drinks | drinks | drinks | drinks |
| How many tobacco products? | Type: | Type: | Type: | Type: | Type: | Type: | Type: |
| Medications taken during day? |  |  |  |  |  |  |  |
| Medications taken just before bedtime? |  |  |  |  |  |  |  |
| General level of work activity: <br> Mild, mod, high |  |  |  |  |  |  |  |
| Did you experience or witness a traumatic or stressful event today? | No Yes, describe: | No Yes, describe: | No Yes, describe: | $\begin{aligned} & \text { No } \\ & \text { Yes, describe } \end{aligned}$ | No Yes, describe: | No Yes, describe | No Yes, describe |

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Use the following definition of alcoholic dosages for your responses.

Standard Dosage of Alcoholic Drinks:
1 beer = 12 oz.
1 glass wine $=5 \mathrm{oz}$.
1 shot of distilled spirits/liquor $=1.5 \mathrm{oz}$.
[Proceed to the Psychomotor Vigilance Test]

Figure 1. Screenshots. PVT-B performed on the smartphone data collection app.


