

Appendix: Medical Outcomes Study (MOS) Sleep measure

MOS Sleep measure (11 of 12 items)

Sleep disturbance Initiation (2-items)

	0-15 mins	16-30 mins	31-45 mins	46-60 mins	More than 60 mins	
How long did it usually take for you to fall asleep during the past 4 weeks?	1	2	3	4	5	
	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
How often during the past 4 weeks did you have trouble falling asleep?	1	2	3	4	5	6

Sleep disturbance Maintenance (2-items)

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
How often during the past 4 weeks did you feel that your sleep was not quiet (moving restlessly, feeling tense, speaking, etc, while sleeping)?	1	2	3	4	5	6
How often during the past 4 weeks did you awaken during your sleep time and have trouble falling asleep again?	1	2	3	4	5	6

Snoring (1-item)

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
How often during the past 4 weeks did you snore during your sleep?	1	2	3	4	5	6

Awakening short of breath or with headache (1-item)

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
How often during the past 4 weeks did you awaken short of breath or with a headache?	1	2	3	4	5	6

Sleep inadequacy (2-items)

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
How often during the past 4 weeks did you get enough sleep to feel rested upon waking in the morning?	1	2	3	4	5	6
How often during the past 4 weeks did you get the amount of sleep you needed?	1	2	3	4	5	6

Daytime somnolence (3-items)

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
How often during the past 4 weeks did you feel drowsy or sleepy during the day?	1	2	3	4	5	6
How often during the past 4 weeks did you have trouble staying awake during the day?	1	2	3	4	5	6
How often during the past 4 weeks did you take naps (5 minutes or longer) during the day?	1	2	3	4	5	6