

Supplementary Figure 1. Richards-Campbell Sleep Questionnaire (RCSQ)

Directions: Place an "X" anywhere on the answer line that you feel BEST describes your sleep last night.

1. My sleep last night was:

Deep	_____	Light
Sleep		Sleep

2. Last night, the first time I got to sleep, I:

Fell		Just Never
Asleep	_____	Could Fall
Almost		Asleep
immediately		

3. Last night I was:

Awake	_____	Awake All
Very Little		Night Long

4. Last night, when I woke up or was awakened, I:

Got Back		Couldn't
To Sleep	_____	Get Back
Immediately		To Sleep

5. I could describe my sleep last night as:

A Good	_____	A Bad
Night's		Night's
Sleep		Sleep