Supplementary Material 1. Whole Week Self-Assessment of Sleep Survey (SASS)

WHOLE WEEK SELF-ASSESSMENT OF SLEEP SURVEY (SASS)

Please answer the following questions about your sleep during the PREVIOUS WEEK.

1. What time did you get into bed, on average? _______ AM/PM
2. What time did you try to go to sleep, on average? _______ AM/PM
3. How long did it take you to fall asleep, on average? _______ Hours and _______ Min.
4. How many times did you wake up, not counting your final awakening, on average? _______
5. How long did these awakenings last (in total), on average? _______ Hours and _______ Min.
6. What time was your final awakening, on average? _______ AM/PM
7. On average, what time did you get out of bed for the day? _______ AM/PM
8. How would you rate the average quality of your sleep? (Check one)
   □ Very Poor  □ Poor  □ Fair  □ Good  □ Very Good
9. How long have you slept this way? _______ Year(s) _______ Month(s) _______ Week(s)

Adapted from Caney, Eby, Aronoff-Israel, Edinger, Krysal, Lichstein, & Morin, (2012)
SPLIT WEEK SELF-ASSESSMENT OF SLEEP SURVEY (SASS-Y)

Please answer the following questions about your sleep on WEEKDAYS during the previous week (Sunday night through Friday morning)

1. What time did you get into bed, on average? _________________ AM/PM
2. What time did you try to go to sleep, on average? _________________ AM/PM
3. How long did it take you to fall asleep, on average? _______ Hours and _______ Min.
4. How many times did you wake up, not counting your final awakening, on average? _______
5. How long did these awakenings last (in total), on average? _______ Hours and _______ Min.
6. What time was your final awakening, on average? _________________ AM/PM
7. On average, what time did you get out of bed for the day? _________________ AM/PM
8. How would you rate the average quality of your sleep? (Check one)
   □ Very Poor □ Poor □ Fair □ Good □ Very Good
9. How long have you slept this way? _______ Year(s) _______ Month(s) _______ Week(s)

Please answer the following questions about your sleep on the WEEKEND during the previous week (Friday Night through Sunday Morning)

10. What time did you get into bed, on average? _________________ AM/PM
11. What time did you try to go to sleep, on average? _________________ AM/PM
12. How long did it take you to fall asleep, on average? _______ Hours and _______ Min.
13. How many times did you wake up, not counting your final awakening, on average? _______
14. How long did these awakenings last (in total), on average? _______ Hours and _______ Min.
15. What time was your final awakening, on average? _________________ AM/PM
16. On average, what time did you get out of bed for the day? _________________ AM/PM
17. How would you rate the average quality of your sleep? (Check one)
   □ Very Poor □ Poor □ Fair □ Good □ Very Good
18. How long have you slept this way? _______ Year(s) _______ Month(s) _______ Week(s)

Adapted from Canney, Buyse, Ancoli-Israel, Edinger, Krystal, Lichstein, & Morin. (2012)