

# The Raine Study Parent Assessment



## SLEEP AND ACTIVITY DIARY

This diary relates to the recordings made on your hip and wrist activity monitors.

The monitors record very accurate information on when you are asleep, and when you are active and the intensity of your activity.

This diary is to record an overall summary of the activities you are doing. Please record only the main activities you did, eg sat at work, housework all day.

- Please complete one page per day
- Start a new page each day, recording what your sleep was like the night before, and what you did during that day
  
- **Please complete 8 days of the diary, starting with the morning after the sleep study.**

***Please finish wearing the activity monitors and post them back in the special envelope, with this completed diary, to the Raine Study as soon as you can.***

***Post boxes can be located at Auspost.com and Australia post app for smart phones.***

## PLEASE TAKE GOOD CARE OF THE ACTIVITY MONITOR

It is probably wise to take them off when you are getting wet, because it makes the straps wet and therefore uncomfortable to wear.

***If you experience any problems or have any questions, please phone the Raine Study 6488 6952, mobile 0447 863944 or by email: rainestudy@uwa.edu.au***

Were these eight days a typical week for you? <input type="checkbox"/> YES, <input type="checkbox"/> NO
If NO, reason eg. <i>on holiday, sick, .....</i>

*Office use*

	<i>Wrist</i>	<i>Hip</i>	<i>RA</i>
Accelerometer number			
Received back			
Accelerometer Downloaded			
Diary Data entered			
Data Quality	<i>Wrist</i>	<i>Hip</i>	<i>Diary</i>



**DAY 1:**



Did not answer	G126_D1_DNA
Date	G126_D1_DAT
weekday (Monday-Sunday)	G126_D1_D7
Comments	G126_D1_COM

**Sleep questions**

1. What time did you get into bed last night?	G126_D1_inbedX	G126_D1_inbed	
2. What time were the lights switched off last night?	G126_D1_LoutX	G126_D1_Lout	
3. Did you sleep alone?	<input type="checkbox"/> YES, <input type="checkbox"/> NO		G126_D1_SlpwithX G126_D1_Slpwith
4. Did you wake during your sleep?	<input type="checkbox"/> YES, <input type="checkbox"/> NO, go to question 6		G126_D1_wkduringX G126_D1_wkduring
5. Approximate times you were awake :			
<b>From</b>	<b>To</b>	Did you get out of bed? <input type="checkbox"/> YES <input type="checkbox"/> NO	
G126_D1_wkt1_4m	G126_D1_wkt1_2	G126_D1_outbd1	
G126_D1_wkt2_4m	G126_D1_wkt2_2	G126_D1_outbd2	
G126_D1_wkt3_4m	G126_D1_wkt3_2	G126_D1_outbd3	
6. On a scale of 1 to 5, how restful was your sleep last night			
<b>VERY RESTFUL</b>		<b>EXTREMELY UNRESTFUL</b>	
1	2	3	4 5
G126_D1_RestFullX	G126_D1_RestFull		
7. Did you take any naps during the day?		<input type="checkbox"/> YES <input type="checkbox"/> NO, go to daily activity questions	
G126_D1_napsX	G126_D1_naps		
8. Approximate time you napped:			
<b>From</b>	<b>To</b>		
G126_D1_np1_t4m	G126_D1_np1_t2		
G126_D1_np2_t4m	G126_D1_np2_t2		
G126_D1_np3_t4m	G126_D1_np3_t2		

**Daily activity questions for today**

What time did you wake up this morning?		G126_D1_wakeX	G126_D1_wake	
What time did you get out of bed this morning?		G126_D1_outbdX	G126_D1_outbd	
What time did you <b>start work</b> this morning?		G126_D1_wrkSX	G126_D1_wrkS	
<b>Morning</b> (Waking to Lunchtime)	<b>Main Activities</b> (eg walk to work, sit in office)			
	G126_D1_MactX			
	G126_D1_Mact_OTH			
<b>Afternoon</b> (Lunchtime till dinner time)	<b>Main Activities</b>			
	G126_D1_AactX			
	G126_D1_Aac_OTH			
What time did you <b>finish work</b> today?		G126_D1_wrkFX	G126_D1_wrkF	
<b>Evening</b> (After dinner until bedtime)	<b>Main Activities</b>			
	G126_D1_EactX			
	G126_D1_Eact_OTH			
<b>Did you take the monitor off at all? If so, detail times and why</b>		G126_D1_AccOffX	G126_D1_AccOff	
<b>Time off</b>	<b>Time back on</b>	<b>Reason</b>		
G126_D1_AccOff1	G126_D1_AccOn1	G126_D1_AccOff1_Reason		
G126_D1_AccOff2	G126_D1_AccOn2	G126_D1_AccOff2_Reason		
G126_D1_AccOff3	G126_D1_AccOn3	G126_D1_AccOff3_Reason		

**DAY 2:**



Did not answer	G126_D2_DNA
Date	G126_D2_DAT
weekday (Monday-Sunday)	G126_D2_D7
Comments	G126_D2_COM

**Sleep questions**

1. What time did you get into bed last night?	G126_D2_inbedX	G126_D2_inbed
2. What time were the lights switched off last night?	G126_D2_LoutX	G126_D2_Lout
3. Did you sleep alone?	<input type="checkbox"/> YES, <input type="checkbox"/> NO	G126_D2_SlpwithX G126_D2_Slpwith
4. Did you wake during your sleep?	<input type="checkbox"/> YES, <input type="checkbox"/> NO, go to question 6	G126_D2_wkduringX G126_D2_wkduring
5. Approximate times you were awake :		
<b>From</b>	<b>To</b>	Did you get out of bed? <input type="checkbox"/> YES <input type="checkbox"/> NO
G126_D2_wkt1_4m	G126_D2_wkt1_2	G126_D2_outbd1
G126_D2_wkt2_4m	G126_D2_wkt2_2	G126_D2_outbd2
G126_D2_wkt3_4m	G126_D2_wkt3_2	G126_D2_outbd3
6. On a scale of 1 to 5, how restful was your sleep last night		
<b>VERY RESTFUL</b>		<b>EXTREMELY UNRESTFUL</b>
1	2	3
4	5	
G126_D2_RestFullX	G126_D2_RestFull	
7. Did you take any naps during the day?	<input type="checkbox"/> YES <input type="checkbox"/> NO, go to daily activity questions	
G126_D2_napsX	G126_D2_naps	
8. Approximate time you napped:		
<b>From</b>	<b>To</b>	
G126_D2_np1_t4m	G126_D2_np1_t2	
G126_D2_np2_t4m	G126_D2_np2_t2	
G126_D2_np3_t4m	G126_D2_np3_t2	

**Daily activity questions for today**

What time did you wake up this morning?	G126_D2_wakeX	G126_D2_wake
What time did you get out of bed this morning?	G126_D2_outbdX	G126_D2_outbd
What time did you <b>start work</b> this morning?	G126_D2_wrkSX	G126_D2_wrkS
<b>Morning</b> (Waking to Lunchtime)	<b>Main Activities</b> (eg walk to work, sit in office)	
	G126_D2_MactX	
	G126_D2_Mact_OTH	
<b>Afternoon</b> (Lunchtime till dinner time)	<b>Main Activities</b>	
	G126_D2_AactX	
	G126_D2_Aac_OTH	
What time did you <b>finish work</b> today?	G126_D2_wrkFX	G126_D2_wrkF
<b>Evening</b> (After dinner until bedtime)	<b>Main Activities</b>	
	G126_D2_EactX	
	G126_D2_Eact_OTH	
Did you take the monitor off at all? If so, detail times and why	G126_D2_AccOffX	G126_D2_AccOff
<b>Time off</b>	<b>Time back on</b>	<b>Reason</b>
G126_D2_AccOff1	G126_D2_AccOn1	G126_D2_AccOff1_Reason
G126_D2_AccOff2	G126_D2_AccOn2	G126_D2_AccOff2_Reason
G126_D2_AccOff3	G126_D2_AccOn3	G126_D2_AccOff3_Reason

**DAY 3:**



Did not answer	G126_D3_DNA
Date	G126_D3_DAT
weekday (Monday-Sunday)	G126_D3_D7
Comments	G126_D3_COM

**Sleep questions**

1. What time did you get into bed last night?	G126_D3_inbedX	G126_D3_inbed
2. What time were the lights switched off last night?	G126_D3_LoutX	G126_D3_Lout
3. Did you sleep alone?	<input type="checkbox"/> YES, <input type="checkbox"/> NO	G126_D3_SlpwithX G126_D3_Slpwith
4. Did you wake during your sleep?	<input type="checkbox"/> YES, <input type="checkbox"/> NO, go to question 6	G126_D3_wkduringX G126_D3_wkduring
5. Approximate times you were awake :		
<b>From</b>	<b>To</b>	Did you get out of bed? <input type="checkbox"/> YES <input type="checkbox"/> NO
G126_D3_wkt1_4m	G126_D3_wkt1_2	G126_D3_outbd1
G126_D3_wkt2_4m	G126_D3_wkt2_2	G126_D3_outbd2
G126_D3_wkt3_4m	G126_D3_wkt3_2	G126_D3_outbd3
6. On a scale of 1 to 5, how restful was your sleep last night		
<b>VERY RESTFUL</b>		<b>EXTREMELY UNRESTFUL</b>
1	2	3
4	5	
G126_D3_RestFullX	G126_D3_RestFull	
7. Did you take any naps during the day?	<input type="checkbox"/> YES <input type="checkbox"/> NO, go to daily activity questions	
G126_D3_napsX	G126_D3_naps	
8. Approximate time you napped:		
<b>From</b>	<b>To</b>	
G126_D3_np1_t4m	G126_D3_np1_t2	
G126_D3_np2_t4m	G126_D3_np2_t2	
G126_D3_np3_t4m	G126_D3_np3_t2	

**Daily activity questions for today**

What time did you wake up this morning?	G126_D3_wakeX	G126_D3_wake
What time did you get out of bed this morning?	G126_D3_outbdX	G126_D3_outbd
What time did you <b>start work</b> this morning?	G126_D3_wrkSX	G126_D3_wrkS
<b>Morning</b> (Waking to Lunchtime)	<b>Main Activities</b> (eg walk to work, sit in office)	
	G126_D3_MactX	
	G126_D3_Mact_OTH	
<b>Afternoon</b> (Lunchtime till dinner time)	<b>Main Activities</b>	
	G126_D3_AactX	
	G126_D3_Aac_OTH	
What time did you <b>finish work</b> today?	G126_D3_wrkFX	G126_D3_wrkF
<b>Evening</b> (After dinner until bedtime)	<b>Main Activities</b>	
	G126_D3_EactX	
	G126_D3_Eact_OTH	
Did you take the monitor off at all? If so, detail times and why	G126_D3_AccOffX	G126_D3_AccOff
<b>Time off</b>	<b>Time back on</b>	<b>Reason</b>
G126_D3_AccOff1	G126_D3_AccOn1	G126_D3_AccOff1_Reason
G126_D3_AccOff2	G126_D3_AccOn2	G126_D3_AccOff2_Reason
G126_D3_AccOff3	G126_D3_AccOn3	G126_D3_AccOff3_Reason

**DAY 4:**



Did not answer	G126_D4_DNA
Date	G126_D4_DAT
weekday (Monday-Sunday)	G126_D4_D7
Comments	G126_D4_COM

**Sleep questions**

1. What time did you get into bed last night?	G126_D4_inbedX	G126_D4_inbed
2. What time were the lights switched off last night?	G126_D4_LoutX	G126_D4_Lout
3. Did you sleep alone?	<input type="checkbox"/> YES, <input type="checkbox"/> NO	G126_D4_SlpwithX G126_D4_Slpwith
4. Did you wake during your sleep?	<input type="checkbox"/> YES, <input type="checkbox"/> NO, go to question 6	G126_D4_wkduringX G126_D4_wkduring
5. Approximate times you were awake :		
<b>From</b>	<b>To</b>	Did you get out of bed? <input type="checkbox"/> YES <input type="checkbox"/> NO
G126_D4_wkt1_4m	G126_D4_wkt1_2	G126_D4_outbd1
G126_D4_wkt2_4m	G126_D4_wkt2_2	G126_D4_outbd2
G126_D4_wkt3_4m	G126_D4_wkt3_2	G126_D4_outbd3
6. On a scale of 1 to 5, how restful was your sleep last night		
<b>VERY RESTFUL</b>		<b>EXTREMELY UNRESTFUL</b>
1	2	3
4	5	
G126_D4_RestFullX	G126_D4_RestFull	
7. Did you take any naps during the day?	<input type="checkbox"/> YES <input type="checkbox"/> NO, go to daily activity questions	
G126_D4_napsX	G126_D4_naps	
8. Approximate time you napped:		
<b>From</b>	<b>To</b>	
G126_D4_np1_t4m	G126_D4_np1_t2	
G126_D4_np2_t4m	G126_D4_np2_t2	
G126_D4_np3_t4m	G126_D4_np3_t2	

**Daily activity questions for today**

What time did you wake up this morning?	G126_D4_wakeX	G126_D4_wake
What time did you get out of bed this morning?	G126_D4_outbdX	G126_D4_outbd
What time did you <b>start work</b> this morning?	G126_D4_wrkSX	G126_D4_wrkS
<b>Morning</b> (Waking to Lunchtime)	<b>Main Activities</b> (eg walk to work, sit in office)	
	G126_D4_MactX	
	G126_D4_Mact_OTH	
<b>Afternoon</b> (Lunchtime till dinner time)	<b>Main Activities</b>	
	G126_D4_AactX	
	G126_D4_Aac_OTH	
What time did you <b>finish work</b> today?	G126_D4_wrkFX	G126_D4_wrkF
<b>Evening</b> (After dinner until bedtime)	<b>Main Activities</b>	
	G126_D4_EactX	
	G126_D4_Eact_OTH	
Did you take the monitor off at all? If so, detail times and why	G126_D4_AccOffX	G126_D4_AccOff
<b>Time off</b>	<b>Time back on</b>	<b>Reason</b>
G126_D4_AccOff1	G126_D4_AccOn1	G126_D4_AccOff1_Reason
G126_D4_AccOff2	G126_D4_AccOn2	G126_D4_AccOff2_Reason
G126_D4_AccOff3	G126_D4_AccOn3	G126_D4_AccOff3_Reason

**DAY 5:**



Did not answer	G126_D5_DNA
Date	G126_D5_DAT
weekday (Monday-Sunday)	G126_D5_D7
Comments	G126_D5_COM

**Sleep questions**

1. What time did you get into bed last night?	G126_D5_inbedX	G126_D5_inbed	
2. What time were the lights switched off last night?	G126_D5_LoutX	G126_D5_Lout	
3. Did you sleep alone?	<input type="checkbox"/> YES, <input type="checkbox"/> NO		G126_D5_SlpwithX G126_D5_Slpwith
4. Did you wake during your sleep?	<input type="checkbox"/> YES, <input type="checkbox"/> NO, go to question 6		G126_D5_wkduringX G126_D5_wkduring
5. Approximate times you were awake :			
<b>From</b>	<b>To</b>	Did you get out of bed? <input type="checkbox"/> YES <input type="checkbox"/> NO	
G126_D5_wkt1_4m	G126_D5_wkt1_2	G126_D5_outbd1	
G126_D5_wkt2_4m	G126_D5_wkt2_2	G126_D5_outbd2	
G126_D5_wkt3_4m	G126_D5_wkt3_2	G126_D5_outbd3	
6. On a scale of 1 to 5, how restful was your sleep last night			
<b>VERY RESTFUL</b>		<b>EXTREMELY UNRESTFUL</b>	
1	2	3	4 5
G126_D5_RestFullX	G126_D5_RestFull		
7. Did you take any naps during the day?		<input type="checkbox"/> YES <input type="checkbox"/> NO, go to daily activity questions	
G126_D5_napsX	G126_D5_naps		
8. Approximate time you napped:			
<b>From</b>	<b>To</b>		
G126_D5_np1_t4m	G126_D5_np1_t2		
G126_D5_np2_t4m	G126_D5_np2_t2		
G126_D5_np3_t4m	G126_D5_np3_t2		

**Daily activity questions for today**

What time did you wake up this morning?		G126_D5_wakeX	G126_D5_wake	
What time did you get out of bed this morning?		G126_D5_outbdX	G126_D5_outbd	
What time did you <b>start work</b> this morning?		G126_D5_wrkSX	G126_D5_wrkS	
<b>Morning</b> (Waking to Lunchtime)	<b>Main Activities</b> (eg walk to work, sit in office)			
	G126_D5_MactX			
	G126_D5_Mact_OTH			
<b>Afternoon</b> (Lunchtime till dinner time)	<b>Main Activities</b>			
	G126_D5_AactX			
	G126_D5_Aac_OTH			
What time did you <b>finish work</b> today?		G126_D5_wrkFX	G126_D5_wrkF	
<b>Evening</b> (After dinner until bedtime)	<b>Main Activities</b>			
	G126_D5_EactX			
	G126_D5_Eact_OTH			
<b>Did you take the monitor off at all? If so, detail times and why</b>		G126_D5_AccOffX	G126_D5_AccOff	
<b>Time off</b>	<b>Time back on</b>	<b>Reason</b>		
G126_D5_AccOff1	G126_D5_AccOn1	G126_D5_AccOff1_Reason		
G126_D5_AccOff2	G126_D5_AccOn2	G126_D5_AccOff2_Reason		
G126_D5_AccOff3	G126_D5_AccOn3	G126_D5_AccOff3_Reason		

**DAY 6:**



Did not answer	G126_D6_DNA
Date	G126_D6_DAT
weekday (Monday-Sunday)	G126_D6_D7
Comments	G126_D6_COM

**Sleep questions**

1. What time did you get into bed last night?	G126_D6_inbedX	G126_D6_inbed
2. What time were the lights switched off last night?	G126_D6_LoutX	G126_D6_Lout
3. Did you sleep alone?	<input type="checkbox"/> YES, <input type="checkbox"/> NO	G126_D6_SlpwithX G126_D6_Slpwith
4. Did you wake during your sleep?	<input type="checkbox"/> YES, <input type="checkbox"/> NO, go to question 6	G126_D6_wkduringX G126_D6_wkduring
5. Approximate times you were awake :		
<b>From</b>	<b>To</b>	Did you get out of bed? <input type="checkbox"/> YES <input type="checkbox"/> NO
G126_D6_wkt1_4m	G126_D6_wkt1_2	G126_D6_outbd1
G126_D6_wkt2_4m	G126_D6_wkt2_2	G126_D6_outbd2
G126_D6_wkt3_4m	G126_D6_wkt3_2	G126_D6_outbd3
6. On a scale of 1 to 5, how restful was your sleep last night		
<b>VERY RESTFUL</b>		<b>EXTREMELY UNRESTFUL</b>
1	2	3
4	5	
G126_D6_RestFullX	G126_D6_RestFull	
7. Did you take any naps during the day?	<input type="checkbox"/> YES <input type="checkbox"/> NO, go to daily activity questions	
G126_D6_napsX	G126_D6_naps	
8. Approximate time you napped:		
<b>From</b>	<b>To</b>	
G126_D6_np1_t4m	G126_D6_np1_t2	
G126_D6_np2_t4m	G126_D6_np2_t2	
G126_D6_np3_t4m	G126_D6_np3_t2	

**Daily activity questions for today**

What time did you wake up this morning?	G126_D6_wakeX	G126_D6_wake
What time did you get out of bed this morning?	G126_D6_outbdX	G126_D6_outbd
What time did you <b>start work</b> this morning?	G126_D6_wrkSX	G126_D6_wrkS
<b>Morning</b> (Waking to Lunchtime)	<b>Main Activities</b> (eg walk to work, sit in office)	
	G126_D6_MactX	
	G126_D6_Mact_OTH	
<b>Afternoon</b> (Lunchtime till dinner time)	<b>Main Activities</b>	
	G126_D6_AactX	
	G126_D6_Aac_OTH	
What time did you <b>finish work</b> today?	G126_D6_wrkFX	G126_D6_wrkF
<b>Evening</b> (After dinner until bedtime)	<b>Main Activities</b>	
	G126_D6_EactX	
	G126_D6_Eact_OTH	
Did you take the monitor off at all? If so, detail times and why	G126_D6_AccOffX	G126_D6_AccOff
<b>Time off</b>	<b>Time back on</b>	<b>Reason</b>
G126_D6_AccOff1	G126_D6_AccOn1	G126_D6_AccOff1_Reason
G126_D6_AccOff2	G126_D6_AccOn2	G126_D6_AccOff2_Reason
G126_D6_AccOff3	G126_D6_AccOn3	G126_D6_AccOff3_Reason



**DAY 7:**



Did not answer	G126_D7_DNA
Date	G126_D7_DAT
weekday (Monday-Sunday)	G126_D7_D7
Comments	G126_D7_COM

**Sleep questions**

1. What time did you get into bed last night?	G126_D7_inbedX	G126_D7_inbed	
2. What time were the lights switched off last night?	G126_D7_LoutX	G126_D7_Lout	
3. Did you sleep alone?	<input type="checkbox"/> YES, <input type="checkbox"/> NO		G126_D7_SlpwithX G126_D7_Slpwith
4. Did you wake during your sleep?	<input type="checkbox"/> YES, <input type="checkbox"/> NO, go to question 6		G126_D7_wkduringX G126_D7_wkduring
5. Approximate times you were awake :			
<b>From</b>	<b>To</b>	Did you get out of bed? <input type="checkbox"/> YES <input type="checkbox"/> NO	
G126_D7_wkt1_4m	G126_D7_wkt1_2	G126_D7_outbd1	
G126_D7_wkt2_4m	G126_D7_wkt2_2	G126_D7_outbd2	
G126_D7_wkt3_4m	G126_D7_wkt3_2	G126_D7_outbd3	
6. On a scale of 1 to 5, how restful was your sleep last night			
<b>VERY RESTFUL</b>		<b>EXTREMELY UNRESTFUL</b>	
1	2	3	4 5
G126_D7_RestFullX	G126_D7_RestFull		
7. Did you take any naps during the day?	<input type="checkbox"/> YES <input type="checkbox"/> NO, go to daily activity questions		
G126_D7_napsX	G126_D7_naps		
8. Approximate time you napped:			
<b>From</b>	<b>To</b>		
G126_D7_np1_t4m	G126_D7_np1_t2		
G126_D7_np2_t4m	G126_D7_np2_t2		
G126_D7_np3_t4m	G126_D7_np3_t2		

**Daily activity questions for today**

What time did you wake up this morning?	G126_D7_wakeX	G126_D7_wake	
What time did you get out of bed this morning?	G126_D7_outbdX	G126_D7_outbd	
What time did you <b>start work</b> this morning?	G126_D7_wrkSX	G126_D7_wrkS	
<b>Morning</b> (Waking to Lunchtime)	<b>Main Activities</b> (eg walk to work, sit in office)		
	G126_D7_MactX		
	G126_D7_Mact_OTH		
<b>Afternoon</b> (Lunchtime till dinner time)	<b>Main Activities</b>		
	G126_D7_AactX		
	G126_D7_Aac_OTH		
What time did you <b>finish work</b> today?	G126_D7_wrkFX	G126_D7_wrkF	
<b>Evening</b> (After dinner until bedtime)	<b>Main Activities</b>		
	G126_D7_EactX		
	G126_D7_Eact_OTH		
Did you take the monitor off at all? If so, detail times and why	G126_D7_AccOffX	G126_D7_AccOff	
<b>Time off</b>	<b>Time back on</b>	<b>Reason</b>	
G126_D7_AccOff1	G126_D7_AccOn1	G126_D7_AccOff1_Reason	
G126_D7_AccOff2	G126_D7_AccOn2	G126_D7_AccOff2_Reason	
G126_D7_AccOff3	G126_D7_AccOn3	G126_D7_AccOff3_Reason	

**DAY 8:**



Did not answer	G126_D8_DNA
Date	G126_D8_DAT
weekday (Monday-Sunday)	G126_D8_D7
Comments	G126_D8_COM

**Sleep questions**

1. What time did you get into bed last night?	G126_D8_inbedX	G126_D8_inbed	
2. What time were the lights switched off last night?	G126_D8_LoutX	G126_D8_Lout	
3. Did you sleep alone?	<input type="checkbox"/> YES, <input type="checkbox"/> NO		G126_D8_SlpwithX G126_D8_Slpwith
4. Did you wake during your sleep?	<input type="checkbox"/> YES, <input type="checkbox"/> NO, go to question 6		G126_D8_wkduringX G126_D8_wkduring
5. Approximate times you were awake :			
<b>From</b>	<b>To</b>	Did you get out of bed? <input type="checkbox"/> YES <input type="checkbox"/> NO	
G126_D8_wkt1_4m	G126_D8_wkt1_2	G126_D8_outbd1	
G126_D8_wkt2_4m	G126_D8_wkt2_2	G126_D8_outbd2	
G126_D8_wkt3_4m	G126_D8_wkt3_2	G126_D8_outbd3	
6. On a scale of 1 to 5, how restful was your sleep last night			
<b>VERY RESTFUL</b>		<b>EXTREMELY UNRESTFUL</b>	
1	2	3	4 5
G126_D8_RestFullX	G126_D8_RestFull		
7. Did you take any naps during the day?		<input type="checkbox"/> YES <input type="checkbox"/> NO, go to daily activity questions	
G126_D8_napsX	G126_D8_naps		
8. Approximate time you napped:			
<b>From</b>	<b>To</b>		
G126_D8_np1_t4m	G126_D8_np1_t2		
G126_D8_np2_t4m	G126_D8_np2_t2		
G126_D8_np3_t4m	G126_D8_np3_t2		

**Daily activity questions for today**

What time did you wake up this morning?		G126_D8_wakeX	G126_D8_wake	
What time did you get out of bed this morning?		G126_D8_outbdX	G126_D8_outbd	
What time did you <b>start work</b> this morning?		G126_D8_wrkSX	G126_D8_wrkS	
<b>Morning</b> (Waking to Lunchtime)	<b>Main Activities</b> (eg walk to work, sit in office)			
	G126_D8_MactX			
	G126_D8_Mact_OTH			
<b>Afternoon</b> (Lunchtime till dinner time)	<b>Main Activities</b>			
	G126_D8_AactX			
	G126_D8_Aac_OTH			
What time did you <b>finish work</b> today?		G126_D8_wrkFX	G126_D8_wrkF	
<b>Evening</b> (After dinner until bedtime)	<b>Main Activities</b>			
	G126_D8_EactX			
	G126_D8_Eact_OTH			
<b>Did you take the monitor off at all? If so, detail times and why</b>		G126_D8_AccOffX	G126_D8_AccOff	
<b>Time off</b>	<b>Time back on</b>	<b>Reason</b>		
G126_D8_AccOff1	G126_D8_AccOn1	G126_D8_AccOff1_Reason		
G126_D8_AccOff2	G126_D8_AccOn2	G126_D8_AccOff2_Reason		
G126_D8_AccOff3	G126_D8_AccOn3	G126_D8_AccOff3_Reason		

**THANKS! This is the end of the diary, please check you have filled in every day, and return the activity monitors and the diary to the Raine Study.**