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?

YES,

NO

If NO, reason eg. on holiday	, sick,			
Office use				
Office use	Wrist	Hip	RA	
Accelerometer number				
Received back				
Accelerometer Downloaded				
Diary Data entered				
Data Quality	Wrist	Hip	Diary	

EXAMPLE



DAY 1: Date: Tuesday 12th of June 2015 (next morning after sleep study)

Sleep	questions
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1. What time did	you get into bed last night?	approximately	10:00pm
2. What time wer	e the lights switched off last night?		11 pm
3. Did you sleep a	ılone?	X YES, ☐ NO	
4. Did you wake o	luring your sleep?	X YES, NO, go to qu	estion 6
5. Approximate ti	mes you were awake :		
from 2 am .	2:30 am	Did you get out of bed?	YES X NO
from 5 am	to 5:10 am	Did you get out of bed?	X YES NO
from	to	Did you get out of bed?	P YES NO
6. On a scale of 1	to 5, how restful was your sleep last	night	
VERY RESTFUL		EXTREMEL	Y UNRESTFUL
1	3	4	5
7. Did you take ar	ny naps during the day?	X YES	
		NO, go to daily activ	vity questions
8. Approximate ti	me you napped:		
from 2 pm	to 2:30 pm		
from	to		
from	to:		
Daily activity que	estions for today		
What time did yo	u wake up this morning?		6:00 am
What time did yo	u get out of bed this morning?		6:15 am
What time	did you start work this morning?		10:00 am
Morning (Waking to Lunchtime)	Main Activities (eg walk to work, si Blood test at Raine study, walking work	•	ross town, sitting at
Afternoon (Lunchtime till dinner time)	Main Activities Walking to café, sitting in café hav and from bus stop, walking the do		puter, walking to
Wha	t time did you finish work today?		4pm
Evening	Main Activities		
(After dinner	Housework watching TV, reading		
until bedtime)	İ		

Did you take the monitor off at all? If so, detail times and why

Time off	Time back on	Reason
8:00am	8:20am	shower

DAY 1:

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



Comments	G126_D1	_COM						
Sleep questions								
1. What time did you g	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	?			YES,] NO		G126_D1_SlpwithX	
							G126_D1_Slpwith	
4. Did you wake during	g your sleep?			YES,	NO, go to	o	G126_D1_wkduringX	
				question 6			G126_D1_wkduring	
5. Approximate times	you were awake :							
From	То	Did yo	u get out	of bed?	YES NO)		
G126_D1_wkt1_4m	G126_D1_wkt1_2	G126_	D1_outbo	l1				
G126_D1_wkt2_4m	G126_D1_wkt2_2	G126_	D1_outbo	12				
G126_D1_wkt3_4m	G126_D1_wkt3_2	G126_	D1_outbo	l3				
6. On a scale of 1 to 5,	, how restful was your s	sleep last r	night					
VERY RESTFUL						1	EXTREMELY UNRESTFU	L
1	2		3		4		5	
G126_D1_RestFullX	G126_D1_RestFull							
7. Did you take any na	ps during the day?			∐ YES	to daily ac	rtivity a	uestions	
G126_D1_napsX	G126_D1_naps				to daily ac	ctivity q	uestions	
8. Approximate time y	ou napped:							
From	То							
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 questi				<u> </u>				
What time did you wa					G126_D1	1_wake	X G126_D1_wake	
	t out of bed this mornin				G126_D1	1_outbo	IX G126_D1_outbd	
	ou start work this mor				G126_D1	1_wrkS>	G126_D1_wrkS	
	Main Activities (eg wa	lk to work	, sit in offi	ce)				
(Waking to Lunchtime)	G126_D1_MactX							
,	G126_D1_Mact_OTH Main Activities							
Afternoon (Lunchtime till								
dinner time)	G126_D1_AactX							
-	G126_D1_Aac_OTH ne did you finish work t	aday2			6426 84		(C12C B1 LE	
1	Main Activities	ouayr			G126_D1	L_WrkFX	G126_D1_wrkF	
Evening (After dinner	G126 D1 EactX							
until bedtime)	G126_D1_Eact OTH							
Did you take the mon	litor off at all? If so, det	tail times	and why		G126 D1	AccOf	fX G126 D1 AccOff	
Time off	Time back on				Reason		0120_51_//00011	
G126_D1_AccOff1	G126_D1_AccOn1	G126 D	1_AccOff	1 Reason				\neg
G126_D1_AccOff2	G126_D1_AccOn2		_	2_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



Comments	G126_D2	_COM				
Sleep questions					ı	
1. What time did you	get into bed last night?		G126_D2	_inbedX	G126	_D2_inbed
2. What time were the	e lights switched off last	night?	G126_D2	_LoutX	G126	_D2_Lout
3. Did you sleep alone	??		YES,	NO		G126_D2_SlpwithX
						G126_D2_Slpwith
4. Did you wake durin	g your sleep?			NO, go to	0	G126_D2_wkduringX
			question 6			G126_D2_wkduring
5. Approximate times	you were awake :	1				
From	То	Did you get out	of bed?	YES N	<u> </u>	
G126_D2_wkt1_4m		G126_D2_outbo				
G126_D2_wkt2_4m	G126_D2_wkt2_2	G126_D2_outbo	d2			
G126_D2_wkt3_4m		G126_D2_outb	d3			
	, how restful was your s	leep last night				EVEDES AFLY (
VERY RESTFUL	2	-				EXTREMELY UNRESTFUL
1	2	3		4		5
G126_D2_RestFullX			□ vrc			
7. Did you take any na			YES NO. go	to daily ad	ctivity (guestions
G126_D2_napsX	G126_D2_naps		-70			1
8. Approximate time y	you napped:					
From	То					
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 quest						
What time did you wa				G126_D2	2_wake	
,)	t out of bed this mornin			G126_D2	2_outb	dX G126_D2_outbd
What time did y	you start work this more			G126_D2	2_wrkS	SX G126_D2_wrkS
Morning	Main Activities (eg wal	k to work, sit in off	ice)			
(Waking to Lunchtime)	G126_D2_MactX					
,	G126_D2_Mact_OTH Main Activities					
Afternoon (Lunchtime till						
dinner time)	G126_D2_AactX					
,	G126_D2_Aac_OTH ne did you finish work to	aday?		C12C D2)	CV C12C D2
	Main Activities	ouay:		G126_D2	Z_WIKE	X G126_D2_wrkF
Evening (After dinner	G126_D2_EactX					
until bedtime)	G126_D2_Eact_OTH					
Did you take the mon	nitor off at all? If so, det	ail times and why		G126 D2	AccO	offX G126 D2 AccOff
Time off	Time back on		L	Reason		
G126_D2_AccOff1	G126_D2_AccOn1	G126_D2_AccOf	f1_Reason			
G126_D2_AccOff2	G126_D2_AccOn2	G126_D2_AccOf	f2_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



Comments	G126_D3	_COM				
Sleep questions			1			
1. What time did you	get into bed last night?		G126_D3	_inbedX	G126	5_D3_inbed
	e lights switched off last	t night?	G126_D3	_LoutX	G126	5_D3_Lout
3. Did you sleep alone?			YES,	NO		G126_D3_SlpwithX
						G126_D3_Slpwith
4. Did you wake durin	g your sleep?			NO, go to	0	G126_D3_wkduringX
			question 6			G126_D3_wkduring
5. Approximate times	you were awake :	1				
From	То	Did you get out	of bed?	YES N	0	
G126_D3_wkt1_4m	G126_D3_wkt1_2	G126_D3_outb	d1			
G126_D3_wkt2_4m	G126_D3_wkt2_2	G126_D3_outb	d2			
G126_D3_wkt3_4m	G126_D3_wkt3_2	G126_D3_outb	d3			
	, how restful was your s	sleep last night				
VERY RESTFUL	_			_		EXTREMELY UNRESTFUL
1	2	3		4		5
G126_D3_RestFullX	G126_D3_RestFull		□ vrc			
7. Did you take any na			YES NO. go	to daily ad	ctivity (guestions
G126_D3_napsX	G126_D3_naps					1
8. Approximate time y	/ou napped:					
From	То					
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 questi						
What time did you wa				G126_D3	3_wake	eX G126_D3_wake
What time did you get	t out of bed this mornin	ng?		G126_D3	3_outb	odX G126_D3_outbd
What time did y	ou start work this mor			G126_D3	3_wrks	SX G126_D3_wrkS
Morning	Main Activities (eg wa	lk to work, sit in off	fice)			
(Waking to Lunchtime)	G126_D3_MactX					
,	G126_D3_Mact_OTH					
Afternoon	Main Activities					
(Lunchtime till dinner time)	G126_D3_AactX					
	G126_D3_Aac_OTH	- 42				
	ne did you finish work t	oday?		G126_D3	3_wrkF	FX G126_D3_wrkF
Evening (After dinner	Main Activities					
until bedtime)	G126_D3_EactX G126_D3_Eact OTH					
-	nitor off at all? If so, det	tail times and why		G126 D2) Acc0	offX G126 D3 AccOff
Time off	Time back on	<u> 1</u>		G126_D3 Reason	_	AUV GTS0_D2_ACCOU
G126 D3 AccOff1	G126 D3 AccOn1	G126 D3 AccOf	f1 Reason			
G126_D3_AccOff2	G126_D3_AccOn2	G126_D3_AccOf				

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



Comments	G126_D4	_COM					
Sleep questions							
1. What time did you	get into bed last night?		G126_D4	_inbedX	G126_D	4_inbed	
2. What time were the	e lights switched off las	t night?	G126_D4	_LoutX	G126_D	4_Lout	
3. Did you sleep alone?			YES,] NO	G	126_D4_SlpwithX	
					G	126_D4_Slpwith	
4. Did you wake durin	g your sleep?		YES,	NO, go to	o G	126_D4_wkduringX	
			question 6	i	G	126_D4_wkduring	
5. Approximate times	you were awake :						
From	То	Did you get out	of bed? 🔲	YES NO)		
G126_D4_wkt1_4m	G126_D4_wkt1_2	G126_D4_outbo	11				
G126_D4_wkt2_4m	G126_D4_wkt2_2	G126_D4_outbo	12				
G126_D4_wkt3_4m	G126_D4_wkt3_2	G126_D4_outbo	13				
6. On a scale of 1 to 5	, how restful was your s	sleep last night					
VERY RESTFUL					EX	TREMELY UNRESTFUL	L
1	2	3		4		5	
G126_D4_RestFullX	G126_D4_RestFull						
7. Did you take any na	aps during the day?		YES	to daily ac	rtivity aug	stions	
G126_D4_napsX	G126_D4_naps			to daily ac	tivity que	Stions	
8. Approximate time y	you napped:						
From	То						
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 quest	•						
What time did you wa	ake up this morning?			G126_D4	1_wakeX	G126_D4_wake	
What time did you ge	t out of bed this mornir	ng?		G126_D4	1_outbdX	G126_D4_outbd	
What time did y	ou start work this mor			G126_D4	1_wrkSX	G126_D4_wrkS	
Morning	Main Activities (eg wa	lk to work, sit in offi	ice)				
(Waking to Lunchtime)	G126_D4_MactX						
,	G126_D4_Mact_OTH						
Afternoon (Lunchtime till	Main Activities						
dinner time)	G126_D4_AactX G126_D4_Aac_OTH						
What tim	ne did you finish work t	oday?		G126 D4	1 wrkEV	G126_D4_wrkF	
Evening	Main Activities			G120_D4	+_WIKIX	G120_D4_WIKI	
(After dinner	G126 D4 EactX						
until bedtime)	G126_D4_Eact_OTH						
Did you take the mor	nitor off at all? If so, de	tail times and why		G126_D4	_AccOffX	G126_D4_AccOff	
Time off	Time back on			Reason			
G126_D4_AccOff1	G126_D4_AccOn1	G126_D4_AccOff	1_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



Comments	G126_D5_	_COM				
Sleep questions						
What time did you get into bed last night?			G126_D5_inbed2	X G126_D	5_inbed	
2. What time were the lights switched off last night?			G126_D5_LoutX	5_LoutX G126_D5_Lout		
3. Did you sleep alone	?		YES, NO	G	G126_D5_SlpwithX	
			G	G126_D5_Slpwith		
4. Did you wake during	g your sleep?		YES, NO, go	o to	i126_D5_wkduringX	
			question 6	G	i126_D5_wkduring	
5. Approximate times	you were awake :					
From	То	Did you get out	of bed? 🗌 YES 🗌	NO		
G126_D5_wkt1_4m	G126_D5_wkt1_2	G126_D5_outbo	d1			
G126_D5_wkt2_4m	G126_D5_wkt2_2	G126_D5_outbo	12			
G126_D5_wkt3_4m	G126_D5_wkt3_2	G126_D5_outbo	13			
6. On a scale of 1 to 5,	how restful was your sl	eep last night				
VERY RESTFUL					TREMELY UNRESTFU	L
1	2	3	4		5	
G126_D5_RestFullX	G126_D5_RestFull					
7. Did you take any na	ps during the day?		YES NO, go to daily	, activity que	estions	
G126_D5_napsX	G126_D5_naps		No, go to dany			
8. Approximate time you napped:						
5. Approximate time y	ой паррей.					
From	То					
From	То					
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2					
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 cons for today					
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning?		G126	_D5_wakeX	G126_D5_wake	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 cons for today	g?		_D5_wakeX _D5_outbdX		
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did y	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning? tout of bed this morning ou start work this morn	ning?	G126	_		
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 cons for today ke up this morning? t out of bed this morning ou start work this morn Main Activities (eg walk	ning?	G126	D5_outbdX	G126_D5_outbd	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 cons for today ke up this morning? tout of bed this morning rou start work this morn Main Activities (eg walk G126_D5_MactX	ning?	G126	D5_outbdX	G126_D5_outbd	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get What time did you get Lunchtime)	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning? tout of bed this morning ou start work this morn Main Activities (eg walk G126_D5_MactX G126_D5_Mact_OTH	ning?	G126	D5_outbdX	G126_D5_outbd	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get What time did you for time did you get Afternoon	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning? tout of bed this morning ou start work this morn Main Activities (eg walk G126_D5_MactX G126_D5_Mact_OTH Main Activities	ning?	G126	D5_outbdX	G126_D5_outbd	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get What time did you get Afternoon (Lunchtime till	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning? tout of bed this morning ou start work this morn Main Activities (eg walk G126_D5_MactX G126_D5_Mact_OTH Main Activities G126_D5_AactX	ning?	G126	D5_outbdX	G126_D5_outbd	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get What time did you factoring (Waking to Lunchtime) Afternoon (Lunchtime till dinner time)	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning? tout of bed this morning ou start work this morn Main Activities (eg walk G126_D5_MactX G126_D5_Mact_OTH Main Activities G126_D5_AactX G126_D5_AactX G126_D5_Aac_OTH	k to work, sit in offi	G126_ G126_ ice)	_D5_outbdX _D5_wrkSX	G126_D5_outbd	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get What time did you get Afternoon (Lunchtime) What time What time	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning? tout of bed this morning ou start work this morn Main Activities (eg walk G126_D5_MactX G126_D5_Mact_OTH Main Activities G126_D5_AactX G126_D5_Aac_OTH te did you finish work to	k to work, sit in offi	G126_ G126_ ice)	D5_outbdX	G126_D5_outbd	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get What time did you get Afternoon (Lunchtime) What time What time	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning? tout of bed this morning ou start work this morn Main Activities (eg walk G126_D5_MactX G126_D5_Mact_OTH Main Activities G126_D5_AactX G126_D5_AactX G126_D5_AactX did you finish work to	k to work, sit in offi	G126_ G126_ ice)	_D5_outbdX _D5_wrkSX	G126_D5_outbd	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get What time did you get Afternoon (Lunchtime) What time What time	To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning? tout of bed this morning ou start work this morn Main Activities (eg walk G126_D5_MactX G126_D5_Mact_OTH Main Activities G126_D5_Aac_OTH te did you finish work to Main Activities G126_D5_EactX	k to work, sit in offi	G126_ G126_ ice)	_D5_outbdX _D5_wrkSX	G126_D5_outbd	
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get What time did you get Afternoon (Lunchtime) What time What time G126_D5_np3_t4m What time did you wa What time did you wa What time did you get To G126_D5_np1_t2 G126_D5_np3_t2 G126_D5_np3_t2 G126_D5_np3_t2 Gons for today ke up this morning? tout of bed this morning rou start work this morn Main Activities (eg walk G126_D5_MactX G126_D5_MactX G126_D5_AactX G126_D5_AactX G126_D5_AactX G126_D5_AactX G126_D5_EactX G126_D5_EactX G126_D5_EactX G126_D5_Eact_OTH	oday?	G126_ G126_ ice)	_D5_outbdX _D5_wrkSX _D5_wrkFX	G126_D5_wrkS G126_D5_wrkF		
From G126_D5_np1_t4m G126_D5_np2_t4m G126_D5_np3_t4m Daily activity questi What time did you wa What time did you get What time did you get What time did you get Afternoon (Lunchtime) What time What time G126_D5_np3_t4m What time did you wa What time did you wa What time did you get To G126_D5_np1_t2 G126_D5_np2_t2 G126_D5_np3_t2 ons for today ke up this morning? tout of bed this morning ou start work this morn Main Activities (eg walk G126_D5_MactX G126_D5_Mact_OTH Main Activities G126_D5_Aac_OTH te did you finish work to Main Activities G126_D5_EactX	oday?	G126_ G126_ ice)	D5_outbdX D5_wrkSX D5_wrkFX D5_wrkFX	G126_D5_wrkS G126_D5_wrkF		

Time off	Time back on	Reason
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



Comments	G126_D6	_COM				
Sleep questions					ſ	
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?			YES,] NO		G126_D6_SlpwithX
				G126_D6_SI		
4. Did you wake durin	g your sleep?			NO, go to	o	G126_D6_wkduringX
			question 6			G126_D6_wkduring
5. Approximate times	you were awake :					
From	То	Did you get out	of bed?	YES N	<u> </u>	
G126_D6_wkt1_4m	G126_D6_wkt1_2	G126_D6_outbo	d1			
G126_D6_wkt2_4m	G126_D6_wkt2_2	G126_D6_outbo	d2			
G126_D6_wkt3_4m	G126_D6_wkt3_2	G126_D6_outbo	d3			
6. On a scale of 1 to 5	, how restful was your s	leep last night				
VERY RESTFUL						EXTREMELY UNRESTFUL
1	2	3		4		5
G126_D6_RestFullX	G126_D6_RestFull		I —			
7. Did you take any na	aps during the day?		YES	to daily ac	rtivity (ruestions
G126_D6_napsX	G126_D6_naps					4465610113
8. Approximate time y	ou napped:					
From	То					
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 quest						
What time did you wa	ike up this morning?			G126_D6	6_wake	eX G126_D6_wake
What time did you ge	t out of bed this mornin	g;		G126_D6	5_outb	dX G126_D6_outbd
What time did y	ou start work this mor			G126_D6	6_wrkS	SX G126_D6_wrkS
Morning	Main Activities (eg wal	k to work, sit in off	ice)			
(Waking to Lunchtime)	G126_D6_MactX					
,	G126_D6_Mact_OTH					
Afternoon	Main Activities					
(Lunchtime till dinner time)	G126_D6_AactX					
	G126_D6_Aac_OTH					
	ne did you finish work to	oday?		G126_D6	5_wrkF	X G126_D6_wrkF
Evening (After dinner	Main Activities					
until bedtime)	G126_D6_EactX G126_D6_Eact_OTH					
Did you take the mon	nitor off at all? If so, det	ail times and why		G126 D6	Αςς0	ffX G126 D6 AccOff
Time off	Time back on			Reason		IIV 0150 DO ACCOLL
G126 D6 AccOff1	G126 D6 AccOn1	G126 D6 AccOff	f1 Reason			
G126_D6_AccOff2	G126_D6_AccOn2	G126_D6_AccOf				

G126_D6_AccOff3 | G126_D6_AccOn3 | G126_D6_AccOff3_Reason

DAY 7:

G126_D7_AccOff3

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



Sleep questions	G120_D7_	COIVI				
					D7 inhed	
2. What time were the lights switched off last night?			G126_D7	_		5_D7_inbed 5_D7_Lout
			\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		0120	
3. Did you sleep alone?			123,] 110		G126_D7_SlpwithX G126_D7_Slpwith
4. Did you wake durin	a your doop?		□ vec □] NO. 50 to		
4. Did you wake dufiii	g your sieep:		question 6	question 6		G126_D7_wkduringX
5. Approximate times	vou were awake :					G126_D7_wkduring
From	То	Did you get out	of bed?	YES NO		
G126_D7_wkt1_4m	G126_D7_wkt1_2	G126_D7_outbo				
G126_D7_wkt2_4m	G126_D7_wkt2_2	G126_D7_outbo				
G126 D7 wkt3 4m	G126 D7 wkt3 2	G126 D7 outbo				
	, how restful was your sle					
VERY RESTFUL	•					EXTREMELY UNRESTFUL
1	2	3		4		5
G126_D7_RestFullX	G126_D7_RestFull					
7. Did you take any na	nps during the day?		YES	A - d-th	. 4.1 14	
G126_D7_napsX	G126_D7_naps		∐ NO, go	to daily ac	ctivity	questions
8. Approximate time	ou napped:					
From	То					
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 quest	•		<u> </u>			
What time did you wa	ike up this morning?			G126_D7	7_wak	eX G126_D7_wake
What time did you ge	t out of bed this morning	ξ?		G126_D7_outbdX G126_D7_outbd		
What time did y	ou start work this morn			G126_D7	7_wrks	SX G126_D7_wrkS
Morning	Main Activities (eg walk	to work, sit in off	ice)			
(Waking to Lunchtime)	G126_D7_MactX					
	G126_D7_Mact_OTH					
Afternoon (Lunchtime till	Main Activities					
dinner time)	G126_D7_AactX					
	G126_D7_Aac_OTH	day2		C426 B		C426 B7 15
1	ne did you finish work to Main Activities	uayr		G126_D7	/_wrkl	FX G126_D7_wrkF
Evening (After dinner	G126 D7 EactX					
until bedtime)	G126_D7_Eact_OTH					
Did you take the mor	nitor off at all? If so, deta	nil times and why		G126 D7	AccC	OffX G126_D7_AccOff
Time off	Time back on			Reason		
G126_D7_AccOff1		G126_D7_AccOff	_			
G126 D7 AccOff2	G126 D7 AccOn2 (C126 D7 AccOff	Doggon			

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



Comments	G126_D8_	COM					
Sleep questions						1	
1. What time did you get into bed last night?			G126_D8_inbed>	G126_D	8_inbed		
2. What time were the lights switched off last night?			G126_D8_LoutX	G126_D	8_Lout		
3. Did you sleep alone		☐ YES, ☐ NO	(G126_D8_SlpwithX			
				(G126_D8_Slpwith		
4. Did you wake durin	g your sleep?		YES, NO, go to G126_D8_wkduring			(
			question 6	(G126_D8_wkduring		
5. Approximate times	you were awake :						
From	То	Did you get out	of bed? 🔲 YES 📗	YES NO			
G126_D8_wkt1_4m	G126_D8_wkt1_2	G126_D8_outbo	11				
G126_D8_wkt2_4m	G126_D8_wkt2_2	G126_D8_outbo	12				
G126_D8_wkt3_4m	G126_D8_wkt3_2	G126_D8_outbo	13				
	, how restful was your sle	eep last night					
VERY RESTFUL				E	TREMELY UNRESTF	UL	
1	2	3	4		5		
G126_D8_RestFullX	G126_D8_RestFull						
7. Did you take any na	aps during the day?		YES NO, go to daily	activity and	estions		
G126_D8_napsX	G126_D8_naps			activity que	-30013		
8. Approximate time	you napped:						
From	То						
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 quest	ions for today				1		
What time did you wa	ake up this morning?		G126_	_D8_wakeX	G126_D8_wake		
What time did you ge	t out of bed this morning	ς?	G126_	_D8_outbdX	G126_D8_outbd		
What time did y	ou start work this morn	ing?	G126_	D8_wrkSX	G126_D8_wrkS		
Morning	Main Activities (eg walk	to work, sit in offi	ce)				
(Waking to	G126_D8_MactX						
Lunchtime)	G126_D8_Mact_OTH						
Afternoon	Main Activities						
(Lunchtime till	G126_D8_AactX						
dinner time)	G126_D8_Aac_OTH						
What tim	ne did you finish work to	day?	G126_	D8_wrkFX	G126_D8_wrkF		
Evening	Main Activities						
(After dinner until bedtime)	G126_D8_EactX						
•	G126_D8_Eact_OTH						
Did you take the monitor off at all? If so, detail times and why				D8_AccOffX	G126_D8_AccOff	<u>:</u>	
Time off	Time back on	C42C DC 4 - C"	Reaso	on			
G126 D8 AccOff1	G126 D8 AccOn1 (PTSP DR ACCO	T Keason				

G126_D8_AccOff2 | G126_D8_AccOn2 | G126_D8_AccOff2_Reason

G126_D8_AccOn3 G126_D8_AccOff3_Reason

G126_D8_AccOff3



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.