

File Information

[DataSet1] X:\NDA\activity diaries\wp2_diaryv3.sav

Variable Information

Variable	Position	Label	Measurement Level	Column Width	Alignment	Print Format	Write Format	Missing Values
id	1	identifier	Nominal	8	Left	A8	A8	
day	2	diary day number	Scale	8	Right	F8.2	F8.2	-99.00
dayofweek	3	day of the week	Scale	8	Right	F8.2	F8.2	-99.00
date	4	date	Scale	10	Right	EDATE10	EDATE10	
timebed	5	time did you go to bed	Scale	8	Right	TIME5	TIME5	-0:01
trysleep	6	time did you try to start sleeping	Scale	8	Right	TIME5	TIME5	
latency	7	how long did it take you to fall asleep	Scale	8	Right	F5	F5	
numwake	8	how many times did you wake during the night	Scale	8	Right	F8.2	F8.2	-99.00
timewake	9	what time did you wake up	Scale	8	Right	TIME5	TIME5	
timeup	10	what time did you get up	Scale	8	Right	TIME5	TIME5	
quality	11	sleep quality	Scale	8	Right	F8.2	F8.2	-99.00

Variables in the working file

Variable Information

Variable	Position	Label	Measurement Level	Column Width	Alignment	Print Format	Write Format	Missing Values
sleepy	12	how sleepy did you feel when you woke up	Scale	8	Right	F8.2	F8.2	-99.00
nap1start	13	Nap 1 - what time did the nap start	Scale	8	Right	F8.2	F8.2	-99.00
nap1end	14	Nap 1 - what time did the nap end	Scale	8	Right	F8.2	F8.2	-99.00
nap1time	15	Nap 1 - how long was the nap (mins)	Scale	8	Right	F8.2	F8.2	-99.00
nap2start	16	Nap 2 - what time did the nap start	Scale	8	Right	F8.2	F8.2	-99.00
nap2end	17	Nap 2 - what time did the nap end	Scale	8	Right	F8.2	F8.2	-99.00
nap2time	18	Nap 2 - how long was the nap (mins)	Scale	8	Right	F8.2	F8.2	-99.00
nap3start	19	Nap 3 - what time did the nap start	Scale	8	Right	F8.2	F8.2	-99.00
nap3end	20	Nap 3 - what time did the nap end	Scale	8	Right	F8.2	F8.2	-99.00

Variables in the working file

Variable Information

Variable	Position	Label	Measurement Level	Column Width	Alignment	Print Format	Write Format	Missing Values
nap3time	21	Nap 3 - how long was the nap (mins)	Scale	8	Right	F8.2	F8.2	-99.00
anymed	22	Any medications	Scale	8	Right	F8.2	F8.2	-99.00
medtext	23	Any medications - list 1	Nominal	8	Left	A54	A54	
medtext2	24	Any medications - list 2	Nominal	8	Left	A54	A54	
medtext3	25	Any medications - list 3	Nominal	8	Left	A54	A54	
medtext4	26	Any medications - list 4	Nominal	8	Left	A54	A54	
t1main	27	5.00-5.30 - main activity	Scale	8	Right	F8.2	F8.2	-99.00
t1sec	28	5.00-5.30 - secondary activity	Scale	8	Right	F8.2	F8.2	-99.00
t1inbed	29	5.00-5.30 - Activities in bed?	Scale	8	Right	F8.2	F8.2	-99.00
t1whowith	30	5.00-5.30 - who were you with	Scale	8	Right	F8.2	F8.2	-99.00
t1whowith2	31	5.00-5.30 - who were you with2	Scale	8	Right	F8.2	F8.2	-99.00
t1eatelab	32	5.00-5.30 - level of elaboration	Scale	8	Right	F8.2	F8.2	-99.00
t1eatveg	33	5.00-5.30 - eat veg	Scale	8	Right	F8.2	F8.2	-99.00

Variables in the working file

Variable Information

Variable	Position	Label	Measurement Level	Column Width	Alignment	Print Format	Write Format	Missing Values
t1eatfruit	34	5.00-5.30 - eat fruit	Scale	8	Right	F8.2	F8.2	-99.00
t1eatmeat	35	5.00-5.30 - eat meat	Scale	8	Right	F8.2	F8.2	-99.00
t1drinkalc	36	5.00-5.30 - drink - alcohol	Scale	8	Right	F8.2	F8.2	-99.00
t1drinkcaff	37	5.00-5.30 - drink - tea/coffe/coke	Scale	8	Right	F8.2	F8.2	-99.00
t1drinkother	38	5.00-5.30 - drink - other	Scale	8	Right	F8.2	F8.2	-99.00
t1inout	39	5.00-5.30 - in or outside	Scale	8	Right	F8.2	F8.2	-99.00
t2main	40	5.30-6.00. main activity	Scale	8	Right	F8.2	F8.2	-99.00
t2sec	41	5.30-6.00. secondary activity	Scale	8	Right	F8.2	F8.2	-99.00
t2inbed	42	5.30-6.00. Activities in bed?	Scale	8	Right	F8.2	F8.2	-99.00
t2whowith	43	5.30-6.00. who you were with	Scale	8	Right	F8.2	F8.2	-99.00
t2whowith2	44	5.30-6.00. who you were with2	Scale	8	Right	F8.2	F8.2	-99.00
t2eatelab	45	5.30-6.00. level of elaboration	Scale	8	Right	F8.2	F8.2	-99.00
t2eatveg	46	5.30-6.00. eat veg	Scale	8	Right	F8.2	F8.2	-99.00

Variables in the working file

Variable Information

Variable	Position	Label	Measurement Level	Column Width	Alignment	Print Format	Write Format	Missing Values
t2eatfruit	47	5.30-6.00. eat fruit	Scale	8	Right	F8.2	F8.2	-99.00
t2eatmeat	48	5.30-6.00. eat meat	Scale	8	Right	F8.2	F8.2	-99.00
t2drinkalc	49	5.30-6.00. drink - alcohol	Scale	8	Right	F8.2	F8.2	-99.00
t2drinkcaff	50	5.30-6.00. drink - tea/coffee/c oke	Scale	8	Right	F8.2	F8.2	-99.00
t2drinkother	51	5.30-6.00. drink - other	Scale	8	Right	F8.2	F8.2	-99.00
t2inout	52	5.30-6.00.in or outside	Scale	8	Right	F8.2	F8.2	-99.00

Variables in the working file

Variable Values

Value	Label
dayofweek 1.00	Sunday
2.00	Monday
3.00	Tuesday
4.00	Wednesday
5.00	Thursday
6.00	Friday
7.00	Saturday
sleepy 1.00	Very Alert
2.00	Alert
3.00	Neither alert nor sleepy
4.00	Sleepy, but no effort to keep awake
5.00	Very sleepy, great effort to keep awake

Variable Values

Value		Label
anymed	1.00	yes
	2.00	no
t1main	1.00	sleep
	2.00	doze/nap
	3.00	lay in bed awake
	4.00	went to sleep
	5.00	woke up
	6.00	got up
	7.00	toilet
	8.00	wash/bath/shower/dress
	9.00	general cleaning of house
	10.00	general housekeeping (paperwork, accounts etc)
	11.00	laundry
	12.00	food preparation
	13.00	food shopping
	14.00	other shopping
	15.00	eating/drinking
	16.00	taking medications
	17.00	employment
	18.00	holiday/trip
	19.00	gardening/mowing
	20.00	DIY
	21.00	driving
	22.00	looking after children
	23.00	doctors/chiropractist/other medical profession - appointment
	24.00	read
	25.00	watch TV
	26.00	writing
	27.00	listen to radio/music
	28.00	puzzles/crafts/games
	29.00	computing/scanning/printing
	30.00	fulfilling SomnIA requirements
	31.00	sports (swim/cycle etc)

Variable Values

Value		Label
t1main	32.00	walking
	33.00	resting (awake)
	34.00	pets
	35.00	social life culture (theatre/cinema/exhibitions)
	36.00	social life interaction (phoning/visiting/being visited/dining out)
	37.00	social life participatory activities (clubs/church etc)
	38.00	social support (caring/taking newspaper to sick friend etc)
	39.00	sex

Variable Values

Value		Label
t1sec	1.00	sleep
	2.00	doze/nap
	3.00	lay in bed awake
	4.00	went to sleep
	5.00	woke up
	6.00	got up
	7.00	toilet
	8.00	wash/bath/shower/dress
	9.00	general cleaning of house
	10.00	general housekeeping (paperwork, accounts etc)
	11.00	laundry
	12.00	food preparation
	13.00	food shopping
	14.00	other shopping
	15.00	eating/drinking
	16.00	taking medications
	17.00	employment
	18.00	holiday/trip
	19.00	gardening/mowing
	20.00	DIY
	21.00	driving
	22.00	looking after children
	23.00	doctors/chiropractist/other medical profession - appointment
	24.00	read
	25.00	watch TV
	26.00	writing
	27.00	listen to radio/music
	28.00	puzzles/crafts/games
	29.00	computing/scanning/printing
	30.00	fulfilling SomnIA requirements
	31.00	sports (swim/cycle etc)
	32.00	walking

Variable Values

Value		Label
t1sec	33.00	resting (awake)
	34.00	pets
	35.00	social life culture (theatre/cinema/exhibitions)
	36.00	social life interaction (phoning/visiting/being visited/dining out)
	37.00	social life participatory activities (clubs/church etc)
	38.00	social support (caring/taking newspaper to sick friend etc)
	39.00	sex
t1inbed	1.00	in bed
	2.00	not in bed
t1whowith	1.00	alone
	2.00	friends
	3.00	co-resident family
	4.00	non co-resident family
	5.00	professionals
	6.00	colleagues
	7.00	groups (clubs etc)
	8.00	Others not known to respondent
t1whowith2	1.00	alone
	2.00	friends
	3.00	co-resident family
	4.00	non co-resident family
	5.00	professionals
	6.00	colleagues
	7.00	groups (clubs etc)
	8.00	Others not known to respondent
t1eatelab	1.00	cold light
	2.00	hot light
	3.00	cold main
	4.00	hot main

Variable Values

Value		Label
t1eatveg	1.00	yes
	2.00	no
t1eatfruit	1.00	yes
	2.00	no
t1eatmeat	1.00	yes
	2.00	no
t1drinkalc	1.00	yes
	2.00	no
t1drinkcaff	1.00	yes
	2.00	no
t1drinkother	1.00	yes
	2.00	no
t1inout	1.00	In
	2.00	Outside house
	3.00	Outside but inside

Variable Values

Value		Label
t2main	1.00	sleep
	2.00	doze/nap
	3.00	lay in bed awake
	4.00	went to sleep
	5.00	woke up
	6.00	got up
	7.00	toilet
	8.00	wash/bath/shower/dress
	9.00	general cleaning of house
	10.00	general housekeeping (paperwork, accounts etc)
	11.00	laundry
	12.00	food preparation
	13.00	food shopping
	14.00	other shopping
	15.00	eating/drinking
	16.00	taking medications
	17.00	employment
	18.00	holiday/trip
	19.00	gardening/mowing
	20.00	DIY
	21.00	driving
	22.00	looking after children
	23.00	doctors/chiroprapist/other medical profession - appointment
	24.00	read
	25.00	watch TV
	26.00	writing
	27.00	listen to radio/music
	28.00	puzzles/crafts/games
	29.00	computing/scanning/printing
	30.00	fulfilling SomnIA requirements
	31.00	sports (swim/cycle etc)
	32.00	walking

Variable Values

Value		Label
t2main	33.00	resting (awake)
	34.00	pets
	35.00	social life culture (theatre/cinema/exhibitions)
	36.00	social life interaction (phoning/visiting/being visited/dining out)
	37.00	social life participatory activities (clubs/church etc)
	38.00	social support (caring/taking newspaper to sick friend etc)
	39.00	sex

Variable Values

Value		Label
t2sec	1.00	sleep
	2.00	doze/nap
	3.00	lay in bed awake
	4.00	went to sleep
	5.00	woke up
	6.00	got up
	7.00	toilet
	8.00	wash/bath/shower/dress
	9.00	general cleaning of house
	10.00	general housekeeping (paperwork, accounts etc)
	11.00	laundry
	12.00	food preparation
	13.00	food shopping
	14.00	other shopping
	15.00	eating/drinking
	16.00	taking medications
	17.00	employment
	18.00	holiday/trip
	19.00	gardening/mowing
	20.00	DIY
	21.00	driving
	22.00	looking after children
	23.00	doctors/chiroprapist/other medical profession - appointment
	24.00	read
	25.00	watch TV
	26.00	writing
	27.00	listen to radio/music
	28.00	puzzles/crafts/games
	29.00	computing/scanning/printing
	30.00	fulfilling SomnIA requirements
	31.00	sports (swim/cycle etc)
	32.00	walking

Variable Values

Value		Label
t2sec	33.00	resting (awake)
	34.00	pets
	35.00	social life culture (theatre/cinema/exhibitions)
	36.00	social life interaction (phoning/visiting/being visited/dining out)
	37.00	social life participatory activities (clubs/church etc)
	38.00	social support (caring/taking newspaper to sick friend etc)
	39.00	sex
t2inbed	1.00	in bed
	2.00	not in bed
t2whowith	1.00	alone
	2.00	friends
	3.00	co-resident family
	4.00	non co-resident family
	5.00	professionals
	6.00	colleagues
	7.00	groups (clubs etc)
	8.00	Others not known to respondent
t2whowith2	1.00	alone
	2.00	friends
	3.00	co-resident family
	4.00	non co-resident family
	5.00	professionals
	6.00	colleagues
	7.00	groups (clubs etc)
	8.00	Others not known to respondent
t2eatelab	1.00	cold light
	2.00	hot light
	3.00	cold main
	4.00	hot main

Variable Values

Value		Label
t2eatveg	1.00	yes
	2.00	no
t2eatfruit	1.00	yes
	2.00	no
t2eatmeat	1.00	yes
	2.00	no
t2drinkalc	1.00	yes
	2.00	no
t2drinkcaff	1.00	yes
	2.00	no
t2drinkother	1.00	yes
	2.00	no
t2inout	1.00	In
	2.00	Outside house
	3.00	Outside but inside