

Sleep Behavior

Please select the answer which best describes your sleep/wake behavior:

1. The average number of hours of sleep I get on non-call **weeknights** is: ___ 4 hrs ___ 4-6 hrs. ___ 6-7.5 hrs ___ 7.5-9 hrs ___ > 9 hrs.
2. The average number of hours of sleep I get on non-call weekends is: ___ < 4 hrs ___ 4-6 hrs ___ 6-7.5 hrs ___ 7.5-9 hrs ___ > 9 hrs.
3. The average number of hours of sleep I get on call nights is: ___ < 4 hrs ___ 4-6 hrs ___ 6-7.5 hrs ___ 7.5-9 hrs ___ > 9 hrs.
4. The average number of hours of sleep I get on **post-call nights** is: ___ < 4 hrs ___ 4-6 hrs ___ 6-7.5 hrs ___ 7.5-9 hrs ___ > 9 hrs.
5. The average number of hours of sleep I need to feel rested is: ___ < 4 hrs ___ 4-6 hrs ___ 6-7.5 hrs ___ 7.5-9 hrs ___ > 9 hrs.
6. I need an alarm clock to wake up: ___ never ___ 1 -2 days/wk ___ 3-4 days/wk ___ 5-6 days/wk ___ everyday.
7. I use caffeinated products (i.e., coffee, tea, chocolate, soda) to help maintain alertness at work: -never ___ 1-2 cups/day ___ 3-4 cups/day ___ 5-6 cups/day ___ > 6 cups/day.
8. I use napping as a way of making up sleep loss: ___ never ___ rarely ___ occasionally ___ often ___ always.

Sleep Attitudes

How strongly do you agree/disagree with the following statements pertaining to sleep in residency training?

	Stron gly Disag ree	1	2	3	4	Strongly Agree	5
1. Sleep loss and fatigue have a major impact on <i>my personal life</i> .	1	2	3	4	5		
2. My body has adapted to less sleep during residency training.	1	2	3	4	5		
3. Sleep loss and fatigue affect my medical decisions.	1	2	3	4	5		
4. My family understands my demanding job and sleep needs.	1	2	3	4	5		
5. Sleep loss and fatigue have a major impact on my work.	1	2	3	4	5		
6. I sometimes look forward to sleeping at grarid rounds.	1	2	3	4	5		
7. I chose my medical field, in part, because I function well on little sleep.	1	2	3	4	5		
8. I have made medical errors because of sleep loss and fatigue.	1	2	3	4	5		
9. I have effective countermeasures to sleep loss.	1	2	3	4	5		
10. I have heard about others making medical errors due to sleep loss and fatigue.	1	2	3	4	5		
11. I can tell when I am too tired to drive home.	1	2	3	4	5		
12. I have worried about having a car accident driving home post-call.	1	2	3	4	5		