

On-Line APPENDIX

Sleep Questionnaire used in the study: Data from an Epidemiological Study on the Insulin resistance syndrome (D.E.S.I.R.)

- How many hours do you sleep
when you are working?
when you are not working?
- Has someone said to you that you stop breathing during your sleep? ☐ yes ☐ no
If yes, how often does this happen
☐ rarely ☐ often ☐ almost every night
- Do you usually have an agitated sleep? ☐ yes ☐ no
- Do you have difficulty waking up in the morning? ☐ yes ☐ no
If yes, how often does this happen
☐ rarely ☐ often ☐ almost every night
- Are you troubled by an unexplained chronic tiredness? ☐ yes ☐ no
- Do you sometimes wake with a headache? ☐ yes ☐ no
- Do you wake frequently during the night? ☐ yes ☐ no
- Do you snore during the night? ☐ do not know ☐ yes ☐ no
If yes, how often ?
☐ almost always (6 to 7 nights a week) ☐ often p(4 to 5 nights per week)
☐ sometimes (2 to 3 nights per week) ☐ rarely (one night per week or less)
☐ I do not know
At what age did someone say you snored, or you realized yourself that you snored?
Do you have a separate bedroom because of your snoring? ☐ yes ☐ no
- Are you troubled by sleepiness during the day? (you would like to sleep or you fight to remain awake) ☐ yes ☐ no
If yes, how often does this happen
☐ rarely ☐ often ☐ almost every night
For how many years have you had this problem of sleeping?
- Imagine that you are in one of the following situations, and choose the most appropriate number for each situation

<input type="checkbox"/> <i>[0] would never doze</i>	<input type="checkbox"/> <i>[1] slight chance of dozing</i>
<input type="checkbox"/> <i>[2] moderate chance of dozing</i>	<input type="checkbox"/> <i>[3] high chance of dozing</i>

 - ☐ Sitting and reading
 - ☐ Watching TV
 - ☐ Sitting inactive in a public place (e.g. a theatre, a meeting)
 - ☐ As a passenger in a car for an hour without a break
 - ☐ Lying down to rest in the afternoon when circumstances permit
 - ☐ Sitting and talking to someone
 - ☐ Sitting quietly after lunch without alcohol
 - ☐ In a car, while stopped for a few minutes in the traffic.