you employed prior to becoming an  Manufacturing Military Other Government te Restaurant/Food/Beverage Retail Distribution	○ Transportatio ○ None was a ○ None was u	on/Utilities student nemployed				
ONE CIRCLE PER LINE) emergency department ealth care setting other than an emergenc pital unit, etc.) ritical care patients	y department (such as	Yes O	No O O O O O O O			
take you to fall asleep at night, after	r you turn out the l					
🔾 22 22	m oo mmates					
ht, how long does it take you to get	eep at night, after you turn out the bedroom lights?  tes					
tht, how long does it take you to get tes 31-60 minutes  More tha	back to sleep? an 60 minutes O I tions?					
tht, how long does it take you to get tes 31-60 minutes  More tha	back to sleep? an 60 minutes O I tions?  CHAN	CE OF DOZING	G High			
֡֡֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜	Military Other Government  Restaurant/Food/Beverage Retail Distribution  Description  Descriptio	Military None was a Other Government None was use Restaurant/Food/Beverage Other (SPEC) Retail Distribution  If ever done any of the following as part of your job as ENE CIRCLE PER LINE)  The emergency department ealth care setting other than an emergency department (such as pital unit, etc.)  Tritical care patients health care facility other than an emergency department into without transport rograms  Sleep Survey  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of the following as part of your job as ENE CIRCLE PER LINE)  The end of	Military Other Government None was a student None was unemployed Restaurant/Food/Beverage Retail Distribution  If ever done any of the following as part of your job as the CIRCLE PER LINE)  The emergency department The earlier care setting other than an emergency department (such as a pital unit, etc.) The initial care patients The health care facility other than an emergency department This without transport Trograms   Sleep Survey  That sleep and different ways that sleepiness might affect your life of take you to fall asleep at night, after you turn out the bedroom lights?			

Page 6

4.>	Have you eve	er been told tha	at you stop breatl o	hing while you	are asleep?	
5.>	In the last 4	weeks, how oft	en did you wake	up (once or m	ore) during the nigh	it?
6. >	In the last 4	weeks, how oft	en did you have t	rouble falling	asleep at night?	
	O Never	○ Rarely	○ Sometimes	O Usually	Almost always	○ Always
7.>	In the last 4	weeks, how oft Rarely	en did you use <i>pr</i> O Sometimes	escription med	ication to help you g	go to sleep or stay asleep? Always
8.	In the last 4	weeks, how oft	en did you use <i>no</i> Sometimes	on-prescription  Usually	medicines to help y Almost always	ou go to sleep or stay asleep?  Always
9.>	In the last 4	weeks, how oft	en did you use al O Sometimes	cohol to help y  O Usually	you go to sleep or sta Almost always	ny asleep?  Always
10.>			en did you have o ne sleepy or tired		ng your personal ve	hicle short distances (less than 15
	○ Never	○ Rarely	○ Sometimes	O Usually	Almost always	○ Always
(1)			en did you have c came sleepy or ti		ng your personal ve	hicle long distances (greater than
	○ Never	O Rarely	O Sometimes	O Usually	Almost always	○ Always
12.>	○ Never	ave you driven Once go to question 15	an emergency ve	hicle in the la		
13>	In the last 4 v (less than 15	weeks, how oft minutes) beca	en have you had use you became s	difficulty oper deepy or tired	rating an emergency ?	vehicle for short distances
	O Never	○ Rarely	O Sometimes	O Usually	Almost always	○ Always
14)			en have you had ecause you becar			vehicle for long distances
	O Never	O Rarely	O Sometimes	O Usually	Almost always	○ Always
15)	What is the t	ypical length o	f your shift at yo	20 000	Other OI do not	t work shifts do not work shifts, go to question 21.
16,	In the last 4 v  None  1-2	weeks how man 3-4 5-8		work at your ) 16-18 ) 19-24	main EMS job? ) 25 or more	

17	Typically, be		ime does y 11:00am -		ft at your		-		m - 5:59am		
18>	During the $\underline{l}$	_		has the	e start tin	ne for	your EM	IS shift cha	nged?		
19,	-	olicy permit y  Sometimes		-	<b>g your E</b> , go to que						
20>	How often is	your sleep at	work dist		O Usu	ally	○ Alm	ost always	○ Always	i	
The	remaining it	ems ask abo	ut your ex	cperien	ces over	the <u>la</u>	<u>ist 12 m</u> c	onths.			
21.>	In the last 12	months, hav	e you seen	a physi	ician for	a slee	p related	concern?			
22.	In the last 12	months, hav	•		•	ou sn	ore while	you are as	leep?		
23.>	How often ha	ave you been  Rarely	told that y		oring dist			ost always	○ Always	i.	
24.>	In the last 12	months, how	often did	•	ve difficu () Usu	-		meal becau	ise you bec		or tired?
25.>	In the last 12 because you	months, how	v often did or tired?	l you ha	ve difficu	ılty be	eing as ac	tive as you	wanted to	be during w	aking hours
	○ Never	O Rarely	○ Som	etimes	○ Usu	ally	O Alm	ost always	○ Always	<b>S</b>	
26.>	In the last 12 tired?	months, how	often hav	ve you h	ad diffic	ulty r	emember	ing EMS p	rotocols be	cause you w	ere sleepy or
	○ Never	○ Rarely	○ Some	etimes	O Usu	ally	O Alm	ost always	○ Always	i	
27.>	In the last 12 were sleepy o		your relat	tionship	with fan	nily, f	riends, o	r work colle	eagues been	affected be	cause you
	O Definitely	yes O Mo	stly yes	O Mos	stly no	$\bigcirc$ 1	Definitely	no			
28.	In the last 12 tired?	months, hav	e you had	difficul	ty visitin	g with	ı your faı	nily or frie	nds becaus	e you becam	e sleepy or
	O Definitely	yes O Mo	stly yes	O Mos	stly no	$\bigcirc$ 1	Definitely :	no			
Mark Refl	ex <sup>®</sup> forms by Pearso	n NCS MM227309-7	654321	НС99	Printed in U	I.S.A.					Page 8
					WRITE IN		AREA		$\overline{}$	SERIA	\I #