



# INSTRUCTIONS FOR THE JENKINS SLEEP EVALUATION QUESTIONNAIRE (JSQ)

## I. General Instructions

The Jenkins Sleep Evaluation Questionnaire (JSQ) is used to determine sleep problems that a person may be experiencing. Field center staff should administer the JSQ to all ARIC participants at Visit 11, regardless of participation in the sleep monitoring study.

Read the questions verbatim from the form to the participant, and then record their answers directly into CDART. Response cards are included at the end of this QxQ if needed.

## II. Detailed Instructions for Each Item

1-4. Ask the participant how often in the past month they are having each sleep problem by reading the question directly from the form. The response options are the same for each of the questions.

Not at all .....	0
1-3 days.....	1
4-7 days.....	2
8-14 days .....	3
15-21 days .....	4
22-31 days .....	5

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Not at all  
1-3 days  
4-7 days  
8-14 days  
15-21 days  
22-31 days

Q. 1-4