

Appendix 1: Modified version of the Horne and Ostberg questionnaire

MORNING-EVENING QUESTIONNAIRE OF HORNE AND ÖSTBERG

Name: _____

Date: _____

Please, for each question, select the answer that best suits your case by marking it with a cross in the corresponding square. Respond based on how you've felt over the past few weeks.

1. If only you thought about when you would feel better and were totally free to plan the day. What time would you get up?
 - 5 - Between 05:00 (5 AM) and 06:30 (6:30 AM) in the morning
 - 4 - Between 06:30 (6:30 AM) and 07:45 (7:45 AM) in the morning
 - 3 - Between 07:45 (7:45 AM) and 09:45 (9:45 AM) in the morning
 - 2 - Between 09:45 (9:45 AM) and 11:00 (11 AM) in the morning
 - 1 - Between 11 (11 AM) in the morning and 12 (12 PM) in the afternoon

2. If only you thought about when you would feel better and were totally free to plan the day. What time would you go to bed?
 - 5 - At 20:00 (8 PM) – 21:00 (9 PM)
 - 4 - At 21:00 (9 PM) – 22:15 (10:15 PM)
 - 3 - At 22:15 (10:15 PM) – 00:30 (12:30 AM)
 - 2 - At 00:30 (12:30 AM) – 01:45 (1:45 AM)
 - 1 - At 01:45 (1:45 AM) – 03:00 (3 AM)

3. To get up in the morning at a specific time. To what extent do you need the alarm clock to warn you?
 - 4 - I don't need it
 - 3 - I need it little
 - 2 - I need it a lot
 - 1 - I need it very much

4. Do you find it easy to get up in the morning? (when you're not woken up unexpectedly)
 - 1 - Not easy
 - 2 - Not very easy
 - 3 - Pretty easy
 - 4 - Very easy

5. Once up in the mornings. How are you during the first half hour?
- 1 -Nothing alerts
 - 2 -Little alert
 - 3 - Quite alert
 - 4 - Very alert
6. Once up in the mornings. What is your appetite like for the first half hour?
- 1 - Very scarce
 - 2 - Quite scarce
 - 3 -Pretty good
 - 4 - Very good
7. Once up in the mornings. How do you feel for the first half hour?
- 1 - Very tired
 - 2 - Quite tired
 - 3 - Quite rested
 - 4 -Very rested
8. When you have no commitments the next day. What time do you go to bed in relation to your usual time?
- 4 - Never or rarely or later
 - 3 - Less than 1 hour later
 - 2 - 1 to 2 hours later
 - 1 - More than 2 hours later
9. You have decided to do some physical exercise. A friend proposes to do it an hour twice a week and according to him, the best time would be from 7 to 8 in the morning. Having nothing else except your own "internal" clock, how do you think you would be?
- 4 - I would be in good shape
 - 3 - It would be in an acceptable form
 - 2 - I would find it difficult
 - 1 - I would find it very difficult
10. What approximate time of night do you feel tired and as a result need to sleep?
- 5 - At 20:00 (8 PM) – 21:00 (9 PM)
 - 4 - At 21:00 (9 PM) – 22:15 (10:15 PM)
 - 3 - At 22:15 (10:15 PM) – 00:45 (12:45 AM)
 - 2 - At 00:45 (12:45 AM) - 02:00 (2 AM)
 - 1 - At 02:00 (2 AM) – 03:00 (3 AM)

11. You want to be at your peak of performance for a two-hour test that's going to be mentally exhausting. Being totally free to plan the day and thinking only about when you would feel best. What time would you choose?
- 6 - From 08:00 (8 AM) to 10:00 (10 AM)
 - 4 - From 11:00 (11 AM) to 13:00 (1 PM)
 - 2 - From 13:00 (1 PM) to 17:00 (5 PM)
 - 0 - From 19:00 (7 PM) to 21:00 (9 PM)
12. If you went to bed at 11 o'clock at night. What level of tiredness would you notice?
- 0 - No tiredness
 - 2 - Some tiredness
 - 3 - Quite tired
 - 5 - A lot of tiredness
13. For some reason you have gone to bed several hours later than usual, although the next day you do not have to get up at any particular time. When do you think you would wake up?
- 4 - At the usual time and I would not sleep anymore
 - 3 - At the usual time and then doze off
 - 2 - At the usual time and I would go back to sleep
 - 1 - Later than usual
14. One night you have to stay awake from 4 to 6 in the morning due to a night watch. Without having any commitment, the next day, what would you prefer?
- 1 - Do not go to bed until after the guard
 - 2 - Take a nap before and sleep after
 - 3 - Get a good night's sleep before and a nap after
 - 4 - You would only sleep before the guard
15. You have to do two hours of heavy physical work. You are totally free to plan the day. Thinking only about when you would feel best, what time would you choose?
- 4 - From 08:00 (8 AM) to 10:00 (10 AM)
 - 3 - From 11:00 (11 AM) to 13:00 (1 PM)
 - 2 - From 13:00 (1 PM) to 17:00 (5 PM)
 - 1 - From 19:00 (7 PM) to 21:00 (9 PM)

16. You have decided to do intense physical exercise. A friend suggests you practice an hour twice a week from 10 to 11 at night. Thinking only about when you would feel better, how do you think you would sit?
- 1 - I would be in good shape
 - 2 - It would be in an acceptable form
 - 3 - I would find it difficult
 - 4 - I would find it very difficult
17. Imagine that you can choose your work schedule. Suppose that your day is FIVE hours a day (including breaks) and that your activity is interesting and remunerated according to your performance. What FIVE CONSECUTIVE HOURS would you select? Starting at what time? Consider the rightmost checked box to choose from the following ranges:
- 5 " Between 04:00 (4 AM) and 08:00 (8 AM)
 - 4 - Between 08:00 (8 AM) and 09:00 (9 AM)
 - 3 - Between 09:00 (9 AM) and 14:00 (2 PM)
 - 2 - Between 14:00 (2 PM) and 17:00 (5 PM)
 - 1 " Between 17:00 (5 PM) and 04:00 (4 AM)
18. What time of day do you think you reach your maximum well-being?
- 5 -Between 05:00 (5 AM) and 08:00 (8 AM)
 - 4 -Between 08:00 (8 AM) and 10:00 (10 AM)
 - 3 -Between 10:00 (10 AM) and 17:00 (5 PM)
 - 2 -Between 17:00 (5 PM) and 22:00 (10 PM)
 - 1 - Between 22:00 (10 PM) and 05:00 (5 AM)
19. There is talk of people of the morning and evening type. Which of these guys do you consider yourself to be?
- 6 -A clearly morning guy.
 - 4 - A guy more morning than evening.
 - 2 - A guy more evening than morning.
 - 0 - A clearly evening guy.

Add the points next to the box.

The score obtained was: _____ points.

Appendix 2: Spanish version of Pittsburgh Sleep Quality Index (translated)

Pittsburgh Sleep Quality Questionnaire.

Instructions:

The following questions have to do with your usual way of sleeping only for the **last month** on average. Your answers should reflect as accurately as possible, what happened during most days and nights last month. Please answer all questions.

1.- What time did you normally go to bed at night?

2.- How long (in minutes) will it have taken to fall asleep, normally, the nights of the last month?

_____ Minutes

3.- What time did you normally get up in the morning?

4.- How many hours do you think you will have actually slept each night? (This is different from how many hours you were lying down)

Please mark with a cross the box that best fits what happened during the last month.

5.-During the last month, how many times have you had trouble sleeping because of.....	0 None in the last month	1 Less than once a week	2 Once or twice a week	3 three or more times a week
<i>a- Couldn't fall asleep in the first half hour</i>				
<i>b- Waking up during the night or early morning</i>				
<i>c- Having to get up to go to the bathroom</i>				
<i>d- Not being able to breathe well</i>				
<i>e- Coughing or snoring loudly</i>				
<i>f- Feeling too cold</i>				
<i>g- Feeling too hot</i>				
<i>h- Having nightmares or bad dreams</i>				
<i>i- Feel pain</i>				
<i>j- other reasons, please describe them:</i>				
6- During the last month How many times have you had problems being awake while driving, eating or developing some social activity?				
7- During the last month how many times have you taken sleep medications (prescription or on your own)				
8- During the last month, how many times have you had trouble maintaining the enthusiasm to get things done?				
	0 Very good	1 Pretty good	2 Pretty bad	3 Very bad
9- During the last month, how would you classify the quality of your sleep together?				

Appendix 3: Translated Spanish version of Epworth Sleepiness Scale

EPWORTH SLEEPINESS SCALE

QUESTION

- **Is it possible that you feel sleepy or fall asleep in any of the situations that arise below?** (when you answer the question, DO NOT confuse 'falling asleep' with 'feeling tired')
- The situations described below are common situations in your life in recent times. Even if you have not experienced the situations recently, please try to think of them as if you had experienced them.
- Use the scale below to choose the number and write it next to each situation.
 - 0 = You have never fallen asleep.
 - 1 = Poor chance of falling asleep.
 - 2 = Moderate chance of falling asleep.
 - 3 = High chance of falling asleep.

Sitting and reading	
Watching the TV	
Sitting, in a public place (Act, recital, etc.)	
Lying down, resting in the middle of the afternoon, when this is possible.	
As a passenger in a car for an hour of uninterrupted walking.	
Sitting and chatting with someone	
Sitting quietly after a non-alcoholic lunch.	
In a car, when you stand for a few minutes due to traffic	
TOTAL	