

Variable Information

Variable	Position	Label	Measurement Level	Role	Column Width	Alignment	Print Format	Write Format
ID	1	<none>	Scale	Input	8	Right	F8	F8
Age	2	<none>	Scale	Input	8	Right	F8	F8
Gender	3	<none>	Nominal	Input	8	Right	F8	F8
Years_of_Education	4	<none>	Scale	Input	8	Right	F8	F8
BMI	5	<none>	Scale	Input	8	Right	F8.1	F8.1
Employment	6	<none>	Nominal	Input	8	Right	F8	F8
Caffeinated_Drinks	7	<none>	Ordinal	Input	8	Right	F8	F8
Smoke	8	<none>	Nominal	Input	8	Right	F8	F8
Sleeping_with_Partner	9	<none>	Nominal	Input	8	Right	F8	F8
Partner_with_Sleeping_Problem	10	<none>	Nominal	Input	8	Right	F8	F8
Substance_Abuse	11	<none>	Nominal	Input	8	Right	F8	F8
Medication	12	<none>	Nominal	Input	8	Right	F8	F8
Medication_Affecting_Sleep	13	<none>	Nominal	Input	8	Right	F8	F8
Pain	14	<none>	Nominal	Input	8	Right	F8	F8
Nocturia	15	<none>	Nominal	Input	8	Right	F8	F8
Reason_of_Nap	16	<none>	Nominal	Input	8	Right	F8	F8
Diabetes	17	<none>	Nominal	Input	8	Right	F8	F8
COPD	18	<none>	Nominal	Input	8	Right	F8	F8
Non_Skin_Cancer	19	<none>	Nominal	Input	8	Right	F8	F8
Osteoarthritis	20	<none>	Nominal	Input	8	Right	F8	F8
CVD	21	<none>	Nominal	Input	8	Right	F8	F8
Hypertension	22	<none>	Nominal	Input	8	Right	F8	F8
Sleeping_Disorder	23	<none>	Nominal	Input	8	Right	F8	F8
Self_Reported_Health	24	<none>	Ordinal	Input	8	Right	F8	F8
GDS	25	<none>	Scale	Input	8	Right	F8	F8
IADL	26	<none>	Ordinal	Input	8	Right	F8	F8
GAI	27	<none>	Scale	Input	8	Right	F8	F8
PSQI	28	<none>	Scale	Input	8	Right	F8	F8
PSQI_Below5_or_Sleep_Disorder	29	<none>	Nominal	Input	8	Right	F8	F8
Sleep_Latency_PSQImins	30	<none>	Scale	Input	8	Right	F8	F8
ACE_Scores	31	<none>	Scale	Input	8	Right	F8	F8
ESS_Daytime_Sleepiness	32	<none>	Scale	Input	8	Right	F8	F8
Sleep_Duration_Subj_Day_1	33	<none>	Scale	Input	8	Right	F8	F8
Sleep_Duration_Subj_Day_2	34	<none>	Scale	Input	8	Right	F8	F8

Day_2							
Sleep_Duration_Subj_Day_3	35	<none>	Scale	Input	8	Right	F8
Sleep_Duration_Subj_Day_4	36	<none>	Scale	Input	8	Right	F8
Sleep_Duration_Subj_Day_5	37	<none>	Scale	Input	8	Right	F8
Sleep_Duration_Subj_Day_6	38	<none>	Scale	Input	8	Right	F8
Sleep_Duration_Subj_Day_7	39	<none>	Scale	Input	8	Right	F8
Time_Awake_Subj_Day_1	40	<none>	Scale	Input	8	Right	F8
Time_Awake_Subj_Day_2	41	<none>	Scale	Input	8	Right	F8
Time_Awake_Subj_Day_3	42	<none>	Scale	Input	8	Right	F8
Time_Awake_Subj_Day_4	43	<none>	Scale	Input	8	Right	F8
Time_Awake_Subj_Day_5	44	<none>	Scale	Input	8	Right	F8
Time_Awake_Subj_Day_6	45	<none>	Scale	Input	8	Right	F8
Time_Awake_Subj_Day_7	46	<none>	Scale	Input	8	Right	F8
Total_SleepTime_Subj_Day1	47	<none>	Scale	Input	8	Right	F8
Total_SleepTime_Subj_Day2	48	<none>	Scale	Input	8	Right	F8
Total_SleepTime_Subj_Day3	49	<none>	Scale	Input	8	Right	F8
Total_SleepTime_Subj_Day4	50	<none>	Scale	Input	8	Right	F8
Total_SleepTime_Subj_Day5	51	<none>	Scale	Input	8	Right	F8
Total_SleepTime_Subj_Day6	52	<none>	Scale	Input	8	Right	F8
Total_SleepTime_Subj_Day7	53	<none>	Scale	Input	8	Right	F8
Average_Subj_Total_SleepTime	54	<none>	Scale	Input	9	Right	F8
subjlongshortsleep	55	<none>	Ordinal	Input	8	Right	F8
Alcoholic_Days_in_Week	56	<none>	Scale	Input	8	Right	F8
Exercise_Days_in_Week	57	<none>	Scale	Input	8	Right	F8

Use_of_Estrogen	58	<none>	Nominal	Input	8	Right	F8	F8
Use_of_Benzodiazepines	59	<none>	Nominal	Input	8	Right	F8	F8
Nap_Freq_in_Week	60	<none>	Scale	Input	8	Right	F8	F8
NapTime_in_Week	61	<none>	Nominal	Input	8	Right	F8	F8
Nap_Plans_in_Week	62	<none>	Nominal	Input	8	Right	F8	F8
Planvsunplanned	63	<none>	Ordinal	Input	8	Right	F8	F8
Nap_Duration_Subj_Day_1	64	<none>	Scale	Input	8	Right	F8	F8
Nap_Duration_Subj_Day_2	65	<none>	Scale	Input	8	Right	F8	F8
Nap_Duration_Subj_Day_3	66	<none>	Scale	Input	8	Right	F8	F8
Nap_Duration_Subj_Day_4	67	<none>	Scale	Input	8	Right	F8	F8
Nap_Duration_Subj_Day_5	68	<none>	Scale	Input	8	Right	F8	F8
Nap_Duration_Subj_Day_6	69	<none>	Scale	Input	8	Right	F8	F8
Nap_Duration_Subj_Day_7	70	<none>	Scale	Input	8	Right	F8	F8
Types_of_duration_of_nap	71	<none>	Nominal	Input	8	Right	F8	F8
Shortvslongnappers	72	<none>	Nominal	Input	8	Right	F8	F8
Nappersvsnonnappers	73	<none>	Ordinal	Input	8	Right	F8	F8
Regularvsirregular	74	<none>	Nominal	Input	8	Right	F8	F8
Total_Subj_Nap_Duration_in_Week	75	<none>	Scale	Input	8	Right	F8	F8
Total_SleepTime_FitBit_Day_1	76	<none>	Scale	Input	8	Right	F8	F8
Total_SleepTime_FitBit_Day_2	77	<none>	Scale	Input	8	Right	F8	F8
Total_SleepTime_FitBit_Day_3	78	<none>	Scale	Input	8	Right	F8	F8
Total_SleepTime_FitBit_Day_4	79	<none>	Scale	Input	8	Right	F8	F8
Total_SleepTime_FitBit_Day_5	80	<none>	Scale	Input	8	Right	F8	F8
Total_SleepTime_FitBit_Day_6	81	<none>	Scale	Input	8	Right	F8	F8
Total_SleepTime_FitBit_Day_7	82	<none>	Scale	Input	8	Right	F8	F8
Average_FitBit_Total_SleepTime	83	<none>	Scale	Input	8	Right	F8	F8
ObjAveFitbitTotalSleep	84	<none>	Ordinal	Input	8	Right	F8	F8

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Time_Awake_FitBit_Da y_1	85	<none>	Scale	Input	8	Right	F8
Time_Awake_FitBit_Da y_2	86	<none>	Scale	Input	8	Right	F8
Time_Awake_FitBit_Da y_3	87	<none>	Scale	Input	8	Right	F8
Time_Awake_FitBit_Da y_4	88	<none>	Scale	Input	8	Right	F8
Time_Awake_FitBit_Da y_5	89	<none>	Scale	Input	8	Right	F8
Time_Awake_FitBit_Da y_6	90	<none>	Scale	Input	8	Right	F8
Time_Awake_FitBit_Da y_7	91	<none>	Scale	Input	8	Right	F8
Time_Awake_Fitbit_Av e	92	<none>	Scale	Input	8	Right	F8
Sleep_Efficiency_Day_ 1	93	<none>	Scale	Input	8	Right	F8
Sleep_Efficiency_Day_ 2	94	<none>	Scale	Input	8	Right	F8
Sleep_Efficiency_Day_ 3	95	<none>	Scale	Input	8	Right	F8
Sleep_Efficiency_Day_ 4	96	<none>	Scale	Input	8	Right	F8
Sleep_Efficiency_Day_ 5	97	<none>	Scale	Input	8	Right	F8
Sleep_Efficiency_Day_ 6	98	<none>	Scale	Input	8	Right	F8
Sleep_Efficiency_Day_ 7	99	<none>	Scale	Input	8	Right	F8
Average_Sleep_Efficie ncy	100	<none>	Scale	Input	8	Right	F8
SleepEfficiencycat	101	<none>	Nominal	Input	8	Right	F8
Nap_Duration_FitBit_ Day_1	102	<none>	Scale	Input	8	Right	F8
Nap_Duration_FitBit_ Day_2	103	<none>	Scale	Input	8	Right	F8
Nap_Duration_FitBit_ Day_3	104	<none>	Scale	Input	8	Right	F8
Nap_Duration_FitBit_ Day_4	105	<none>	Scale	Input	8	Right	F8
Nap_Duration_FitBit_ Day_5	106	<none>	Scale	Input	8	Right	F8
Nap_Duration_FitBit_ Day_6	107	<none>	Scale	Input	8	Right	F8

Nap_Duration_FitBit_Day_7	108	<none>	Scale	Input	8	Right	F8	F8
Nap_Duration_total	109	<none>	Scale	Input	8	Right	F8	F8
Total_time_awake_subj	110	<none>	Scale	Input	8	Right	F8	F8
Total_time_awake_Fitbit	111	<none>	Scale	Input	8	Right	F8	F8
Types_of_nappers	112	<none>	Nominal	Input	8	Right	F8	F8
Subjnapaweekonave	113	<none>	Scale	Input	8	Right	F8	F8
Lg10tACE	114	Lg10(101-ACE)	Scale	Input	10	Right	F8.2	F8.2
Total_sleep_a_week	115	<none>	Scale	Input	8	Right	F8	F8
Sleeper_type	116	<none>	Nominal	Input	8	Right	F8	F8
SQsubjsleepduration	117	SQsubjsleepduration	Scale	Input	21	Right	F8.2	F8.2
SQobjsleeppduration	118	SQobjsleeppduration	Scale	Input	20	Right	F8.2	F8.2
MAH_1	119	Mahalanobis Distance	Scale	Input	13	Right	F11.5	F11.5
COO_1	120	Cook's Distance	Scale	Input	13	Right	F11.5	F11.5

Variable Values

Value	Label	
Gender	1	Male
	2	Female
Employment	1	Day Shift
	2	Unemployed/Retired
Caffeinated_Drinks	0	None
	1	1 to 2 Cups
	2	3 to 5 Cups
	3	6 or more cups
Smoke	0	No
	1	Yes
Sleeping_with_Partner	0	No
	1	Yes
	2	Not Applicable
Partner_with_Sleeping_Problem	0	No
	1	Yes
Substance_Abuse	0	No
	1	Yes
Medication	0	No
	1	Yes
Medication_Affecting_Sleep	0	No

	1	Yes
Pain	0	No
	1	Yes
Nocturia	0	No
	1	Yes or ?2
Reason_of_Nap	1	Boredom/Enjoyment
	2	Reduce Sleepiness
	3	Anticipating Sleep Loss
	4	Others
	5	More than one reason
Diabetes	0	No
	1	Yes
COPD	0	No
	1	Yes
Non_Skin_Cancer	0	No
	1	Yes
Osteoarthritis	0	No
	1	Yes
CVD	0	No
	1	Yes
Hypertension	0	No
	1	Yes
Sleeping_Disorder	0	No
	1	Yes
Self_Reported_Health	0	Excellent
	1	Very Good
	2	Good
	3	Fine
	4	Poor
PSQI_Below5_or_Sleep_Disorder	0	No Sleep Disorder
	1	Bad Sleep or Sleep Disorder
subjlongshortsleep	1	less than 7 hours
	2	7-8 hours
	3	more than 8 hours
Use_of_Estrogen	0	No
	1	Yes
Use_of_Benzodiazepines	0	No
	1	Yes
NapTime_in_Week	1	Any other timing
	2	12pm-4pm
Nap_Plans_in_Week	1	Planned
	2	Unplanned
	3	Both
Planvsunplanned	0	unplanned

	1	planned
Types_of_duration_of_nap	0	no nap
	1	Short nap below 60 mins
	2	Long nap over 60 mins
Shortvslongnappers	1	short nappers
	2	long nappers
Nappersvsnonnappers	0	Non nappers
	1	Nappers
Regularvsirregular	1	Regular napper
	2	Irregular napper
ObjAveFitbitTotalSleep	1	less than 7 hours
	2	7-8 hours
	3	more than 8 hours
SleepEfficiencycat	0	Efficiency 90 and above
	1	efficiency lower than 90
Types_of_nappers	0	Non-nappers
	1	Irregular nappers
	2	Regular nappers
Sleeper_type	1	Nap less than 140 and sleep less than 2940
	2	Nap less than 140 sleep between 2940 and 3360
	3	Nap less than 140 and sleep more than 3360
	4	Nap between 140 and 630 and sleep less than 2940
	5	Nap between 140 and 630 and sleep between 2940 and 3360
	6	Nap between 140 and 630 and sleep more than 3360
	7	Nap more than 630 and sleep less than 2940
	8	Nap more than 630 and sleep between 2940 and 3360
	9	Nap more than 630 and sleep more than 3360