



4. Have you ever been told that you stop breathing while you are asleep?  
 Yes  No
5. In the last 4 weeks, how often did you wake up (once or more) during the night?  
 Never  Rarely  Sometimes  Usually  Almost always  Always
6. In the last 4 weeks, how often did you have trouble falling asleep at night?  
 Never  Rarely  Sometimes  Usually  Almost always  Always
7. In the last 4 weeks, how often did you use *prescription medication* to help you go to sleep or stay asleep?  
 Never  Rarely  Sometimes  Usually  Almost always  Always
8. In the last 4 weeks, how often did you use *non-prescription medicines* to help you go to sleep or stay asleep?  
 Never  Rarely  Sometimes  Usually  Almost always  Always
9. In the last 4 weeks, how often did you use alcohol to help you go to sleep or stay asleep?  
 Never  Rarely  Sometimes  Usually  Almost always  Always
10. In the last 4 weeks, how often did you have difficulty driving your personal vehicle short distances (less than 15 minutes) because you became sleepy or tired?  
 Never  Rarely  Sometimes  Usually  Almost always  Always
11. In the last 4 weeks, how often did you have difficulty driving your personal vehicle long distances (greater than 30 minutes) because you became sleepy or tired?  
 Never  Rarely  Sometimes  Usually  Almost always  Always
12. How often have you driven an emergency vehicle in the last 4 weeks?  
 Never  Once  Twice  Three or more times  
→ If never, go to question 15
13. In the last 4 weeks, how often have you had difficulty operating an emergency vehicle for short distances (less than 15 minutes) because you became sleepy or tired?  
 Never  Rarely  Sometimes  Usually  Almost always  Always
14. In the last 4 weeks, how often have you had difficulty operating an emergency vehicle for long distances (greater than 30 minutes) because you became sleepy or tired?  
 Never  Rarely  Sometimes  Usually  Almost always  Always
15. What is the typical length of your shift at your main EMS job?  
 8 hours  10 hours  12 hours  24 hours  Other  I do not work shifts  
→ If you do not work shifts, go to question 21.
16. In the last 4 weeks how many shifts did you work at your main EMS job?  
 None  3-4  9-12  16-18  25 or more  
 1-2  5-8  13-15  19-24

