

Date:

Please fill this survey on [date] pertaining to your sleep quality and indoor thermal environment during the previous night.

Investigation of the Relationship between Outdoor Heat Events and Sleep Quality in Ankara

This research aims to understand the relationship between sleep quality and the thermal comfort of occupants in Bilkent Main Campus Houses.

This questionnaire sheet includes 24 questions. There are no correct or incorrect answers.

PART 1: This part includes personal information questions.

1) Your Building Number:		
2) Age:		
3) Gender:		
4) Do you have any sleep disorder?		
	Yes	No
5) Have you been in outdoors in the past 24 hours?		

PART 2: This part includes questions about your sleep behaviours.

Please mark your sleep behaviours for last night.

	Very Thin	Thin	Moderate	Thick	Very Thick
6) What was your level of sleepwear?					
7) How was your bed covering?					

	Yes	No
8) Did you use an air conditioner or other devices to adjust indoor temperature?		
9) Did you open your windows close to/in bedroom during the night?		

PART 3: This part includes questions about the relationship between you and your environment.

Please rate your overall thermal comfort sensation level during the night.							
	Very Uncomfortable (-3)	Uncomfortable (-2)	Slightly Uncomfortable (-1)	Neutral (0)	Slightly Comfortable (+1)	Comfortable (+2)	Very Comfortable (+3)
10) Overall Thermal Comfort Sensation Vote							

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Please rate your air temperature sensation during the night.							
	Cold (-3)	Cool (-2)	Slightly Cool (-1)	Neutral (0)	Slightly Warm (+1)	Warm (+2)	Hot (+3)
11) The sensation of Air Temperature Vote							

Please rate your humid sensation during the night.							
	Severely Wet (-3)	Wet (-2)	Slightly Wet (-1)	Neutral (0)	Slightly Dry (+1)	Dry (+2)	Severely Dry (+3)
12) The sensation of Humidity Vote							

Please rate your air velocity sensation during the night.							
	Absolutely Not Felt (1)	Not Felt (2)	Slightly Not Felt (3)	Unspecified (4)	Slightly Felt (5)	Felt (6)	Felt Very Much (7)
13) The sensation of Air Velocity Vote							

PART 4: This part includes questions about your sleep quality.

Please rate your sleep quality for last night.					
	Very Restless (1)	Quite Restless (2)	Neither Calm Nor Restless (3)	Fairly Calm (4)	Very Calm (5)
14) How was your sleep yesterday?					
	Very Difficult (1)	Quite Difficult (2)	Neither Easy Nor Difficult (3)	Fairly Easy (4)	Very Easy (5)
15) How easy was it to fall asleep yesterday?					
	Very Difficult (1)	Quite Difficult (2)	Neither Easy Nor Difficult (3)	Fairly Easy (4)	Very Easy (5)
16) How easy was it to wake up today?					
	Not at all (1)	Not Much (2)	Moderately (3)	Fairly (4)	Fully (5)
17) Did you feel refreshed after awakening?					
	Not at all (1)	Not Much (2)	Moderately (3)	Fairly (4)	Fully (5)
18) Did you feel satisfied after last night sleep?					

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	Yes	No
19) Do you think you get enough sleep?		

	Yes	No
20) Was your frequency of awakening more than usual?		

If your answer was yes for the previous question (**20**), please answer the following question (**21**). If your answer is no, you can skip the following question.

	Never	1 or 2 times	3 or 4 times	More (#)
21) Frequency of nighttime awakening for last night?				

	Yes	No
22) In general, and related to your state of mind, do you feel that your sleep quality was affected by another factor?		

23) If your answer is yes for the previous question (**22**), you are welcome to provide more information as you feel comfortable:

	Yes	No
24) If you answered yes to question (22), pertaining again to your state of mind, do you feel that last night's climatic conditions further exacerbated the discussed factor that affected your sleep quality?		

25) If your answer is yes for the previous question (**24**), you are welcome to provide more information as you feel comfortable:

Do you have anything else that you want to share about your sleep and thermal comfort?

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Do you have comments or suggestions on this research and questionnaires?