

**Author's questionnaire concerning dietary components,
supplementation and pharmacotherapy**

The last part of the survey is about your knowledge of the effect of nutrition on sleep, and the use of sleep supplementation/pharmacotherapy. When answering these questions, please answer according to your state of knowledge. If you are unsure, do not guess. Consider supplements you have been using regularly for a minimum of one month.

1. How many hours before bedtime should the last meal be consumed?
 - a) Less than one hour
 - b) 1-3 hours
 - c) More than 3 hours
 - d) I don't know

2. Does alcohol improve sleep quality?
 - a) Yes, because it helps you fall asleep
 - b) No, because it disturbs shallow sleep
 - c) No, because it disturbs deep sleep
 - d) I don't know

3. Does beetroot juice improve sleep quality?
 - a) Yes, because it reduces physiological fatigue
 - b) Yes, because it helps you fall asleep
 - c) Does not affect the quality of sleep
 - d) I don't know

4. How much kiwi should you eat before bed to improve its quality?
 - a) 1 kiwi 2 hours before going to bed
 - b) 2 kiwis an hour before going to bed
 - c) kiwis a day
 - d) I don't know

5. Does drinking 1 cup of warm milk before bed help you fall asleep?
 - a) Yes, because it has the right temperature
 - b) Yes, because it is enough
 - c) No, because it's too small
 - d) I don't know

6. Does eating cherries before bed affect sleep quality?
 - a) Yes
 - b) No
 - c) I don't know

7. How many hours before bedtime can you drink coffee so it does not disturb sleep quality?
 - a) 3 - 4h
 - b) 6 - 8h
 - c) It does not matter
 - d) I don't know

8. Which meal would you choose as the last meal before bedtime?
 - a) Pasta salad with chicken in sweet and sour sauce
 - b) Toast with avocado, egg and bacon
 - c) Sandwiches with lean ham and spicy ketchup
 - d) Salad with egg and tuna
 - e) I don't know

9. Tick the supplements that affect the quality of sleep that you use (minimum one month):
 - I don't use supplements
 - Chamomile
 - Ashwagandha
 - L - ornithine
 - Omega - 3
 - Magnesium
 - Lavender
 - GABA

- CBD oil
 - L - theanine
 - melatonin
 - 5 - HPP
 - Baikal skullcap (skullcap)
 - Multicomponent preparations
- Others:

10. Do you take prescription sleeping pills (e.g. Stilnox, Imovane, Zolpic, Nasen, Morfeo, Dobroson, and others)?

- a) Yes
- b) No

11. How often and for how long do you use a sleeping pill? (Question addressed to people who take these drugs, other people, please go to the next question).

- a) Every day for more than 4 weeks
- b) Daily, less than 4 weeks
- c) Only if necessary, ad hoc, longer than 4 weeks
- d) Only if necessary, ad hoc, shorter than 4 weeks

12. Have you started using supplements / sedatives during the pandemic?

- a) Yes
- b) No

13. Do you take other psychotropic drugs?

- a) Yes
- b) No