

Questionnaire

(translated from its Chinese version)

This questionnaire surveys the demographic characteristics, changes in circadian rhythm, sleep and emotion status during the pandemic period, to serve as a reference for coping with such public health events. The questionnaire is designed by students in the School of Life Sciences, Sun Yat-sen University, China. All data collected is only used for this study. The “pandemic period” in this questionnaire refers to Jan 20 – Jan 31, 2020, after the quarantine and community containment started; “normal” refers to Jan 13 – Jan 19.

1. Your gender:
 - a) Male
 - b) Female
2. Your age range:
 - a) <18
 - b) 18~25
 - c) 26~30
 - d) 26~30
 - e) 31~40
 - f) 41~50
 - g) 51~60
 - h) > 60
3. Your education level:
 - a) Middle School
 - b) High School
 - c) Bachelor
 - d) Graduate
4. The province, city or region you currently live in:
5. Your state of health:
 - a) Very healthy
 - b) Sleep disorder
 - c) Suspected COVID-19 case, in quarantine
 - d) confirmed COVID-19 case, hospitalized
 - e) Cured COVID-19 case
6. Your current occupation:
 - a) Administration staff
 - b) Clerk
 - c) Consultant
 - d) Customer service
 - e) Finance & audit staff
 - f) Full-time student
 - g) Human resource
 - h) Marketing & public relation practitioner
 - i) Office support
 - j) Production staff
 - k) Professionals (accountant, lawyer, architect, journalist, doctor, and nurse, etc.)

- l) Research & development
 - m) Retired
 - n) Salesperson
 - o) Teacher
 - p) Other
7. Your work or rest date during the pandemic period
- a) Work
 - b) Stay at home
 - c) Others
8. If you work during the pandemic period, when do you start your working day:
- a) 7 a.m.
 - b) 8 a.m.
 - c) 9 a.m.
 - d) 10 a.m. or later
9. If you work during the pandemic period, when do you start your working day:
- a) 5 p.m.
 - b) 6 p.m.
 - c) 7 p.m.
 - d) 8 p.m. or later
10. Do you have shift work or night shift during the pandemic period if you work?
- (1) Shift work:
 - a) Yes
 - b) No
 - (2) Night shift:
 - a) Yes
 - b) No
11. Do you take physical exercise? (normal)
- a) Yes
 - b) No
12. Is your physical exercise regular? (normal)
- a) Yes, the usual exercise time is ____.
 - b) No
13. Do you take physical exercise? (pandemic period)
- a) Yes
 - b) No
14. Is your physical exercise regular? (pandemic period)
- a) Yes, the usual exercise time is ____.
 - b) No
15. How many meals do you take every day? (normal)
- a) 1 meal
 - b) 2 meals
 - c) 3 meals
 - d) > 3 meals
16. How many meals do you take every day? (pandemic period)
- e) 1 meal
 - f) 2 meals

- g) 3 meals
 - h) > 3 meals
17. Your time of starting to take each meal: (normal, 24-hour system)
 - Breakfast:
 - Lunch:
 - Dinner:
 18. Your time of starting to take each meal: (pandemic period)
 - Breakfast:
 - Lunch:
 - Dinner:
 19. Do you have night snacks? (normal)
 - a) No
 - b) Once per day
 - c) Twice per day
 - d) > Twice per day
 - e) Irregular
 20. Do you have night snacks? (pandemic period)
 - a) No
 - b) Once per day
 - c) Twice per day
 - d) > Twice per day
 - e) Irregular
 21. Your daytime sleepiness according to the Karolinska Sleepiness Scale
 - a) 1-Extremely alert
 - b) 2-Very alert
 - c) 3-Alert
 - d) 4-Rather alert
 - e) 5-Neither alert nor sleepy
 - f) 6-Some signs of sleepiness
 - g) 7-Sleepy, but no effort to keep awake
 - h) 8-Sleepy, but some effort to keep awake
 - i) 9-Very sleepy, great effort to keep awake, fighting sleep
 - j) 10-Extremely sleepy, can't keep awake
 22. How do you self-evaluate your circadian rhythm regularity? (normal)
 - (Rank between 1-5, 1 means very regular, and 5 means very irregular)
 23. How do you evaluate your difficulty falling asleep at bed time? (normal)
 - (Rank between 1-5, 1 means very easy, and 5 means very difficult)
 24. How do you evaluate your difficulty getting up in the morning? (normal)
 - (Rank between 1-5, 1 means very easy, and 5 means very difficult)
 25. How do you self-evaluate your circadian rhythm regularity? (pandemic period)
 - (Rank between 1-5, 1 means very regular, and 5 means very irregular)
 26. How do you evaluate your difficulty falling asleep at bed time? (pandemic period)
 - (Rank between 1-5, 1 means very easy, and 5 means very difficult)
 27. How do you evaluate your difficulty getting up in the morning? (pandemic period)
 - (Rank between 1-5, 1 means very easy, and 5 means very difficult)
 28. What is your sleeping habit? (normal)

- a) Early bird (fall asleep before 22:00)
 - b) Middle type (fall asleep between 22:00-24:00)
 - c) Night owl (fall asleep after 24:00)
 - d) Irregular
29. What is your sleeping habit? (pandemic period)
- a) Early bird (fall asleep before 22:00)
 - b) Middle type (fall asleep between 22:00-24:00)
 - c) Night owl (fall asleep after 24:00)
 - d) Irregular
30. When do you wake up in the morning? (normal)
- a) Before 7 a.m.
 - b) Between 7-9 a.m.
 - c) After 9 a.m.
31. When do you wake up in the morning? (pandemic period)
- a) Before 7 a.m.
 - b) Between 7-9 a.m.
 - c) After 9 a.m.
32. What is your usual daytime napping duration? (normal)
- a) < 30 min
 - b) 30 min-1 h
 - c) 1-2 h
 - d) > 2 h
 - e) No daytime napping
33. What is your usual daytime napping duration? (pandemic period)
- a) < 30 min
 - b) 30 min-1 h
 - c) 1-2 h
 - d) > 2 h
 - e) No daytime napping
34. How many times do you usually wake up during a night's sleep? (normal)
- a) No wake-up episodes
 - b) Once
 - c) Twice
 - d) > Twice
 - e) Irregular
35. How many times do you usually wake up during a night's sleep? (pandemic period)
- a) No wake-up episodes
 - b) Once
 - c) Twice
 - d) > Twice
 - e) Irregular
36. How do you feel about your changes in daily total sleep duration during the pandemic period compared to normal time?
- a) Increased
 - b) Decreased
 - c) Remain the same

37. If increased, approximately how long did your daily total sleep duration increase?
- < 1 h
 - 1-2 h
 - > 2 h
38. If decreased, approximately how long did your daily total sleep duration increase?
- < 1 h
 - 1-2 h
 - > 2 h
39. How do you feel about your sleep quality compared to normal time?
- Quality increased
 - Quality decreased
 - Remain the same
40. Do you feel the following emotions during the pandemic period? (Rank between 1-5. 1 means that you do not feel this emotion; 5 means the most severe grade of the emotion.)
- Worry
- Stupefaction
- Downheartedness
- Depression
- Anxiety
- Fear
41. Please rate the impact of the following factors on the changes in your circadian rhythms and sleep:
- Spring Festival Holiday
- No impact
 - Slight impact
 - Mild impact
 - Moderate impact
 - Strong impact
- Concerns about the pandemic situation
- No impact
 - Slight impact
 - Mild impact
 - Moderate impact
 - Strong impact
- Constant quarantine or community containment
- No impact
 - Slight impact
 - Mild impact
 - Moderate impact
 - Strong impact
42. Is there any other factor influencing your changes in circadian rhythms and sleep apart from the above-listed factors?
- Yes, please list: _____
 - No