

## Appendix – Additional material

### Sleep quality questionnaire

#### Sleep quality

The following questions refer to your sleeping habits during the last 4 weeks on the majority of days and nights. Please be as precise as possible.

During the past 4 weeks, how often did you have trouble...

	not at all during the last 4 weeks	less than once a week	1 or 2 times per week	3 or more times per week
... falling asleep?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... sleeping through the night?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the past 4 weeks, how would you rate your sleep quality overall?

very good	fairly good	poor	very bad
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In general, how would you describe your sleep quality offshore?

very good	fairly good	poor	very bad
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In general, how would you describe your sleep quality onshore?

very good	fairly good	poor	very bad
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If your sleep is worse during an offshore assignment, what are the reasons? (more than one answer possible)

- noise
- air quality / air conditioning
- temperature
- lighting
- limited privacy
- other (please specify)