

General health status was measured using a self-administered Medical Outcomes Short Form-36 Survey (SF-36). (28-30) The SF-36 comprises 36 questions measuring eight health constructs: 1) limitations in physical activities; 2) limitations in social activities; 3) limitations in usual role activities because of physical health problems; 4) bodily pain; 5) general mental health (psychological distress and well-being); 6) limitations in usual role activities because of emotional problems; 7) vitality (energy and fatigue); and 8) general health perceptions. Scores range from 0 to 100, 100 being the best score.

The SF-36 was sent to all current cohort participants in the winter of 1995-96 (N=1027) and was returned by 760 individuals (74% response rate). Of these individuals, 23 had insufficient polysomnography data and were not included in the analysis. On average, the SF-36 was completed 3.1 years after the polysomnography.