

Sleep Cohort Study-POMS: Below is a list of words that describe feelings that people have. Please read each word carefully. Then place an X in the box that best describes HOW YOU HAVE BEEN FEELING DURING THE PAST WEEK, INCLUDING TODAY.

	Not at all	A little	Moderately	Quite a bit	Extremely
1. Friendly					
2. Tense					
3. Angry					
4. Worn out					
5. Unhappy					
6. Clear-headed					
7. Lively					
8. Confused					
9. Sorry for things done					
10. Shaky					
11. Listless					
12. Peeved					
13. Considerate					
14. Sad					
15. Active					
16. On edge					
17. Grouchy					
18. Blue					
19. Energetic					
20. Panicky					
21. Hopeless					
22. Relaxed					
23. Unworthy					
24. Spiteful					
25. Sympathetic					
26. Uneasy					
27. Restless					
28. Unable to concentrate					
29. Fatigued					
30. Helpful					
31. Annoyed					
32. Discouraged					
33. Resentful					
34. Nervous					
35. Lonely					

Please flip over. Items continue on the back page...

	Not at all	A little	Moderately	Quite a bit	Extremely
36. Miserable					
37. Muddled					
38. Cheerful					
39. Bitter					
40. Exhausted					
41. Anxious					
42. Ready to fight					
43. Good natured					
44. Gloomy					
45. Desperate					
46. Sluggish					
47. Rebellious					
48. Helpless					
49. Weary					
50. Bewildered					
51. Alert					
52. Deceived					
53. Furious					
54. Efficient					
55. Trusting					
56. Full of pep					
57. Bad-tempered					
58. Worthless					
59. Forgetful					
60. Carefree					
61. Terrified					
62. Guilty					
63. Vigorous					
64. Uncertain about things					
65. Bushed					

Thank you.