Sleep Heart Health Study Follow Up

Data Dictionary

THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE OF THE NATIONAL INSTITUTES OF HEALTH

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To view more information about each variable, click either the variable name or label. Refer to the following website for more information about study design and data collection: https://sleepdata.org/datasets/shhs

Sleep Habits Questionnaire

VARIABLE	LABEL
IDNO	ID NUMBER
FORMDT	DATE FORM WAS FILLED OUT
HRSWKDAY	WEEKDAY/WORKDAY: USUAL HOURS OF SLEEP
HRSWKEND	WEEKEND/NON-WORKDAY: USUAL HOURS OF SLEEP
FREQNAPS	USUAL NUMBER OF NAPS/PER WEEK
FALLASLEEPTROUBLE	TROUBLE FALLING ASLEEP
AWAKENIGHT	WAKE UP DURING NIGHT - UNABLE TO GET BACK TO SLEEP
AWAKEEARLY	WAKE UP TOO EARLY IN THE MORNING - UNABLE TO GET BACK TO SLEEP
UNRESTED	FEEL UNRESTED DURING THE DAY
NOTENOUGHSLEEP	DO NOT GET ENOUGH SLEEP
SLEEPPILLS	TAKE SLEEPING PILLS OR OTHER MEDICATION TO AID IN SLEEPING
SNOREDEVER	HAVE EVER SNORED
SNORENOW	CURRENT SNORE FREQUENCY
SNOREHOWLOUD	LOUDNESS OF SNORING
SNSPCOTHER	TREATMENT PRESCRIBED: OTHER (TEXT)
FREQSTOPBREATHING	FREQUENCY OF BREATHING STOPPAGE DURING SLEEP
SASPCOTHER	TREATMENT PRESCRIBED: OTHER (TEXT)
NOTTREATED	REASON SLEEP APNEA NOT TREATED
SPCOTHERNOTTREATED	OTHER REASON SLEEP APNEA NOT TREATED
SPCSLEEPDISORDER	OTHER SLEEP DISORDER DESCRIPTION
FREQOTHERSNEARBY	FREQUENCY OTHERS WERE NEARBY WHERE PARTICIPANT SLEPT
SITREAD	FALL ASLEEP SITTING AND READING
WATCHTV	FALL ASLEEP WATCHING TV

Sleep Habits Questionnaire

VARIABLE	LABEL
SITPUBLIC	FALL ASLEEP SITTING IN A PUBLIC PLACE
RIDECAR	FALL ASLEEP RIDING AS A PASSENGER IN A CAR
RESTING	FALL ASLEEP LYING DOWN TO REST
SITTALK	FALL ASLEEP SITTING AND TALKING TO SOMEONE
SITAFTERLUNCH	FALL ASLEEP SITTING QUIETLY AFTER LUNCH
STOPPEDCAR	FALL ASLEEP IN A STOPPED CAR
ATDINNER	FALL ASLEEP AT THE DINNER TABLE
WHILEDRIVING	FALL ASLEEP WHILE DRIVING
ASPIRIN	HOW OFTEN ASPIRIN OR ASPIRIN-CONTAINING MEDS IS TAKEN
YRSDRIVE	# YEARS DRIVING
FREQDRIVE	FREQUENCY THAT PARTICIPANT DRIVES
HRSDRIVE	HOURS PARTICIPANT DRIVES EACH DAY
MILESDRIVE	MILES PARTICIPANT DRIVES EACH YEAR
ACCIDENTS	# ACCIDENTS IN LIFETIME
YRACCIDENTS	# ACCIDENTS DURING RECENT YEAR
LANGADMIN	LANGUAGE IN WHICH INTERVIEW WAS ADMINISTERED
CENTER	SHS SITE

Physical Measurements

VARIABLE	LABEL
IDNO	ID NUMBER
PPTSTATUS	PARTICIPANT STATUS
STATUSOTHER	PARTICIPANT STATUS: OTHER (TEXT)
VISITDT	DATE OF FOLLOW-UP VISIT
FUWEIGHT	FU STATUS WEIGHT
WTUNITS	WEIGHT UNITS
WTPROTOCOL	PROTOCOL USED TO MEASURE WEIGHT
BPPROTOCOL	PROTOCOL USED TO MEASURE BLOOD PRESSURE
CUFFSIZE	CUFF SIZE
PALPATEDSYST	PALPATED SYSTOLIC BP
MAXINFLATION	PALPATED + 30
SYSTOLIC1	SYSTOLIC BLOOD PRESSURE: FIRST READING
DIASTOLIC1	DIASTOLIC BLOOD PRESSURE: FIRST READING
SYSTOLIC2	SYSTOLIC BLOOD PRESSURE: SECOND READING
DIASTOLIC2	DIASTOLIC BLOOD PRESSURE: SECOND READING
SYSTOLIC3	SYSTOLIC BLOOD PRESSURE: THIRD READING
DIASTOLIC3	DIASTOLIC BLOOD PRESSURE: THIRD READING
AVGSYS	AVERAGE SYSTOLIC
AVGDIAS	AVERAGE DIASTOLIC
BPTIME	TIME BLOOD PRESSURE WAS MEASURED
MI	MI DURING INTERVAL SINCE THE PRIOR PARENT EXAM
MIDT	DATE OF MI
STROKETIA	STROKE OR TIA DURING INTERVAL SINCE THE PRIOR PARENT EXAM
STROKETIADT	DATE OF STROKE OR TIA
CHF	CHF DURING INTERVAL SINCE THE PRIOR PARENT EXAM
CHFDT	DATE OF CHF
CABGPTCA	CABG/PTCA DURING INTERVAL SINCE THE PRIOR PARENT EXAM
CABGPTCADT	DATE OF CABG/PTCA
CAROTIDEND	CAROTID ENDARTERECTOMY DURING INTERVAL SINCE THE PRIOR PARENT EXAM
CAROTIDENDDT	DATE OF CAROTID ENDARTERECTOMY
COMMENTS	ANY COMMENTS
CENTER	SHS SITE

Sleep Habits Questionnaire

Variable name: **IDNO**
SAS label: **ID NUMBER**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **FORMDT**
SAS label: **DATE FORM WAS FILLED OUT**

Code or Value	Value Description	Skip to item
Date value in DATE7	Range of values	

Variable name: **HRSWKDAY**
SAS label: **WEEKDAY/WORKDAY: USUAL HOURS OF SLEEP**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **HRSWKEND**
SAS label: **WEEKEND/NON-WORKDAY: USUAL HOURS OF SLEEP**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **FREQNAPS**
SAS label: **USUAL NUMBER OF NAPS/PER WEEK**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **FALLASLEEPTROUBLE**
SAS label: **TROUBLE FALLING ASLEEP**

Code or Value	Value description	Skip to item
1	Never	
2	Rarely (1/month or less)	
3	Sometimes (2-4/month)	
4	Often (5-15/month)	
5	Almost always (16-30/month)	
.	Missing	

Variable name: **AWAKENIGHT**
SAS label: **WAKE UP DURING NIGHT - UNABLE TO GET BACK TO SLEEP**

Code or Value	Value description	Skip to item
1	Never	
2	Rarely (1/month or less)	
3	Sometimes (2-4/month)	
4	Often (5-15/month)	
5	Almost always (16-30/month)	
.	Missing	

Sleep Habits Questionnaire

Variable name: AWAKEEARLY
SAS label: WAKE UP TOO EARLY IN THE MORNING - UNABLE TO GET BACK
TO SLEEP

Code or Value	Value description	Skip to item
1	Never	
2	Rarely (1/month or less)	
3	Sometimes (2-4/month)	
4	Often (5-15/month)	
5	Almost always (16-30/month)	
.	Missing	

Variable name: UNRESTED
SAS label: FEEL UNRESTED DURING THE DAY

Code or Value	Value description	Skip to item
1	Never	
2	Rarely (1/month or less)	
3	Sometimes (2-4/month)	
4	Often (5-15/month)	
5	Almost always (16-30/month)	
.	Missing	

Sleep Habits Questionnaire

Variable name: **NOTENOUGHSLEEP**
SAS label: **DO NOT GET ENOUGH SLEEP**

Code or Value	Value description	Skip to item
1	Never	
2	Rarely (1/month or less)	
3	Sometimes (2-4/month)	
4	Often (5-15/month)	
5	Almost always (16-30/month)	
.	Missing	

Variable name: **SLEEPPILLS**
SAS label: **TAKE SLEEPING PILLS OR OTHER MEDICATION TO AID IN SLEEPING**

Code or Value	Value description	Skip to item
1	Never	
2	Rarely (1/month or less)	
3	Sometimes (2-4/month)	
4	Often (5-15/month)	
5	Almost always (16-30/month)	
.	Missing	

Variable name: SNOREDEVER
SAS label: HAVE EVER SNORED

Code or Value	Value description	Skip to item
0	0	
1	1	
8	8	
.	.	

Variable name: SNORENOW
SAS label: CURRENT SNORE FREQUENCY

Code or Value	Value description	Skip to item
0	Do not snore any more	
1	Rarely-less than 1 night/wk	
2	Sometimes-1 or 2 nights/wk	
3	Frequently-3 to 5 nights/wk	
4	Always or almost always-6 or 7nights/wk	
8	Don't know	
.	Missing	

Variable name: **SNOREHOWLOUD**
SAS label: **LOUDNESS OF SNORING**

Code or Value	Value description	Skip to item
1	Only slightly louder than heavy breathing	
2	About as loud as mumbling or talking	
3	Louder than talking	
4	Extremely loud - can be heard through a closed door	
8	Don't know	
.	Don't know	

Variable name: **SNSPCOTHER**
SAS label: **TREATMENT PRESCRIBED: OTHER (TEXT)**

Code or Value	Value Description	Skip to item
Open text field blank		

Variable name: **FREQSTOPBREATHING**
SAS label: **FREQUENCY OF BREATHING STOPPAGE DURING SLEEP**

Code or Value	Value description	Skip to item
1	Rarely-less than 1night/wk	
2	Sometimes-1 or 2nights/wk	
3	Frequently-3 to 5nights/wk	
4	Always or almost always-6 or 7nights/wk	
8	Don't know	
.	Missing	

Variable name: **SASPCOTHER**
SAS label: **TREATMENT PRESCRIBED: OTHER (TEXT)**

Code or Value	Value Description	Skip to item
Open text field blank		

Variable name: **NOTTREATED**
SAS label: **REASON SLEEP APNEA NOT TREATED**

Code or Value	Value description	Skip to item
1	Doctor said not needed	
2	Participant did not want treatment	
3	Other	
.	Missing	

Variable name: **SPCOTHERNOTTREATED**
SAS label: **OTHER REASON SLEEP APNEA NOT TREATED**

Code or Value	Value Description	Skip to item
Open text field blank		

Variable name: **SPCSLEEPDISORDER**
SAS label: **OTHER SLEEP DISORDER DESCRIPTION**

Code or Value	Value Description	Skip to item
Open text field blank		

Variable name: FREQOTHERSNEARBY
SAS label: FREQUENCY OTHERS WERE NEARBY WHERE PARTICIPANT
SLEPT

Code or Value	Value description	Skip to item
1	Never	
2	Sometimes	
3	Usually	
.	Missing	

Variable name: SITREAD
SAS label: FALL ASLEEP SITTING AND READING

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
4	High chance	
.	Missing	

Variable name: WATCHTV
SAS label: FALL ASLEEP WATCHING TV

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
4	High chance	
.	Missing	

Variable name: **SITPUBLIC**
SAS label: **FALL ASLEEP SITTING IN A PUBLIC PLACE**

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
4	High chance	
.	Missing	

Variable name: **RIDECAR**
SAS label: **FALL ASLEEP RIDING AS A PASSENGER IN A CAR**

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
4	High chance	
.	Missing	

Variable name: **RESTING**
SAS label: **FALL ASLEEP LYING DOWN TO REST**

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
4	High chance	
.	Missing	

Variable name: **SITTALK**
SAS label: **FALL ASLEEP SITTING AND TALKING TO SOMEONE**

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
.	Missing	

Variable name: **SITAFTERLUNCH**
SAS label: **FALL ASLEEP SITTING QUIETLY AFTER LUNCH**

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
4	High chance	
.	Missing	

Variable name: **STOPPEDCAR**
SAS label: **FALL ASLEEP IN A STOPPED CAR**

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
.	Missing	

Variable name: **ATDINNER**
SAS label: **FALL ASLEEP AT THE DINNER TABLE**

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
4	High chance	
.	Missing	

Variable name: **WHILEDRIVING**
SAS label: **FALL ASLEEP WHILE DRIVING**

Code or Value	Value description	Skip to item
1	No chance	
2	Slight chance	
3	Moderate chance	
4	High chance	
.	Missing	

Variable name: **ASPIRIN**
SAS label: **HOW OFTEN ASPIRIN OR ASPIRIN-CONTAINING MEDS IS TAKEN**

Code or Value	Value description	Skip to item
0	Never	
1	Less than 1/week	
2	1 or 2/week	
3	Every other day	
4	Every day	
8	Don't know	
.	Missing	

Variable name: YRSDRIVE
SAS label: # YEARS DRIVING

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: FREQDRIVE
SAS label: FREQUENCY THAT PARTICIPANT DRIVES

Code or Value	Value description	Skip to item
1	1	
2	2	
3	3	
.	.	

Variable name: HRSDRIVE
SAS label: HOURS PARTICIPANT DRIVES EACH DAY

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: MILESDRIVE
SAS label: MILES PARTICIPANT DRIVES EACH YEAR

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **ACCIDENTS**
SAS label: **# ACCIDENTS IN LIFETIME**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **YRACCIDENTS**
SAS label: **# ACCIDENTS DURING RECENT YEAR**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **LANGADMIN**
SAS label: **LANGUAGE IN WHICH INTERVIEW WAS ADMINISTERED**

Code or Value	Value description	Skip to item
1	English	
3	Lakota	
4	Pima	
5	Other	
.	Missing	

Variable name: **CENTER**
SAS label: **SHS SITE**

Code or Value	Value description	Skip to item
1	AZ	
2	OK	
3	SD	

Physical Measurements

Variable name: IDNO
SAS label: ID NUMBER

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: PPTSTATUS
SAS label: PARTICIPANT STATUS

Code or Value	Value description	Skip to item
1	Completed	
2	Refused	
3	Deceased	
4	Unable to locate	
5	Too ill to complete	
7	Other	
.	Missing	

Variable name: STATUSOTHER
SAS label: PARTICIPANT STATUS: OTHER (TEXT)

Code or Value	Value Description	Skip to item
Open text field blank		

Physical Measurements

Variable name: **VISITDT**
SAS label: **DATE OF FOLLOW-UP VISIT**

Code or Value	Value Description	Skip to item
Date value in DATE7	Range of values	

Variable name: **FUWEIGHT**
SAS label: **FU STATUS WEIGHT**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **WTUNITS**
SAS label: **WEIGHT UNITS**

Code or Value	Value description	Skip to item
1	kg	
2	Pounds	
.	Missing	

Variable name: **WTPROTOCOL**
SAS label: **PROTOCOL USED TO MEASURE WEIGHT**

Code or Value	Value description	Skip to item
1	SHHS	
2	Parent Study	
.	Missing	

Physical Measurements

Variable name: **BPPROTOCOL**
SAS label: **PROTOCOL USED TO MEASURE BLOOD PRESSURE**

Code or Value	Value description	Skip to item
1	SHHS	
2	Parent Study	
.	Missing	

Variable name: **CUFFSIZE**
SAS label: **CUFF SIZE**

Code or Value	Value description	Skip to item
1	Regular [arm circumference=22.6-30.0 cm]	
2	Large arm [arm circumference=30.1-37.5 cm]	
3	Pediatric [arm circumference=16.0-22.5cm]	
4	Thigh [arm circumference=37.6-43.7 cm]	
.	Missing	

Variable name: **PALPATEDSYST**
SAS label: **PALPATED SYSTOLIC BP**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **MAXINFLATION**
SAS label: **PALPATED + 30**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Physical Measurements

Variable name: **SYSTOLIC1**
SAS label: **SYSTOLIC BLOOD PRESSURE: FIRST READING**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **DIASTOLIC1**
SAS label: **DIASTOLIC BLOOD PRESSURE: FIRST READING**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **SYSTOLIC2**
SAS label: **SYSTOLIC BLOOD PRESSURE: SECOND READING**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **DIASTOLIC2**
SAS label: **DIASTOLIC BLOOD PRESSURE: SECOND READING**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **SYSTOLIC3**
SAS label: **SYSTOLIC BLOOD PRESSURE: THIRD READING**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **DIASTOLIC3**
SAS label: **DIASTOLIC BLOOD PRESSURE: THIRD READING**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **AVGSYS**
SAS label: **AVERAGE SYSTOLIC**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **AVGDIAS**
SAS label: **AVERAGE DIASTOLIC**

Code or Value	Value Description	Skip to item
Continuous value	Range of values	

Variable name: **BPTIME**
SAS label: **TIME BLOOD PRESSURE WAS MEASURED**

Code or Value	Value Description	Skip to item
Date value in DATE7	Range of values	

Physical Measurements

Variable name: **MI**
SAS label: **MI DURING INTERVAL SINCE THE PRIOR PARENT EXAM**

Code or Value	Value description	Skip to item
0	No	
1	Yes	
.	Missing	

Variable name: **MIDT**
SAS label: **DATE OF MI**

Code or Value	Value Description	Skip to item
Date value in DATE7	Range of values	

Variable name: **STROKETIA**
SAS label: **STROKE OR TIA DURING INTERVAL SINCE THE PRIOR PARENT EXAM**

Code or Value	Value description	Skip to item
0	No	
1	Yes	
.	Missing	

Variable name: **STROKETIADT**
SAS label: **DATE OF STROKE OR TIA**

Code or Value	Value Description	Skip to item
Date value in DATE7	Range of values	

Physical Measurements

Variable name: CHF
SAS label: CHF DURING INTERVAL SINCE THE PRIOR PARENT EXAM

Code or Value	Value description	Skip to item
0	No	
1	Yes	
.	Missing	

Variable name: CHFDT
SAS label: DATE OF CHF

Code or Value	Value Description	Skip to item
Date value in DATE7	Range of values	

Variable name: CABGPTCA
SAS label: CABG/PTCA DURING INTERVAL SINCE THE PRIOR PARENT EXAM

Code or Value	Value description	Skip to item
0	No	
1	Yes	
.	Missing	

Variable name: CABGPTCADT
SAS label: DATE OF CABG/PTCA

Code or Value	Value Description	Skip to item
Date value in DATE7	Range of values	

Physical Measurements

Variable name: **CAROTIDEND**
SAS label: **CAROTID ENDARTERECTOMY DURING INTERVAL SINCE THE PRIOR PARENT EXAM**

Code or Value	Value description	Skip to item
0	No	
1	Yes	
.	Missing	

Variable name: **CAROTIDENDDT**
SAS label: **DATE OF CAROTID ENDARTERECTOMY**

Code or Value	Value Description	Skip to item
Date value in DATE7	Range of values	

Variable name: **COMMENTS**
SAS label: **ANY COMMENTS**

Code or Value	Value Description	Skip to item
Open text field blank		
Open text field specified	Range of text fields	

Variable name: **CENTER**
SAS label: **SHS SITE**

Code or Value	Value description	Skip to item
1	AZ	
2	OK	
3	SD	