Common Cold Project

Pittsburgh Cold Study 3
2007-2011

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**Social Rhythm Data
Code Book**

Introduction

The present document contains information regarding the Social Rhythm Metric (SRM) variables that were collected in Pittsburgh Cold Study 3 (PCS3) during the 14 days of evening interviews (see Daily Social Rhythms for additional information).

To avoid redundancy daily variables described here refer to Day 1 only, but the same naming conventions, variable labels, and computational formulae were applied to data collected on all 14 interview days.

In addition to the variables representing SRM items (see table, SRM VARIABLES – DAY 1 ONLY), the SRM data set also includes several "intermediate" variables that were created for the computation of summary activity and rhythmicity scores (see table, CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES).

Algorithms for several of the intermediate variables created for the computation of *solitary activity scores* and *relationship-specific activity scores* are presented only for activities engaged in alone and for activities engaged in with the spouse/partner. Algorithms used to generate other relationship-specific scores are identical to those used for spouse/partner scores.

Summary scores based on *all activities* were computed using formulae described by Monk and colleagues (1994). Although the same algorithms were used to create solitary and relationship-specific scores, the psychometric properties of these measures have not yet been established.

Reference

Monk, T., Flaherty, J. F., Frank, E., & Kupfer, D. J. (1994). Social rhythm metric [SRM]. In: J. Fischer & K. Corcoran K (Eds.) Measures for clinical practice: A sourcebook. (2nd ed). 608-61. New York: Free Press.

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
srmday1	*****SOCIAL RHYTHM METRIC: DAY 1*****		
srm1call	SRM: Day 1 - Time of interview call		
srm1slp	SRM: Day 1 - Did you go to bed last night?	YES/NO	
srm1slpt	SRM: Day 1 - What time did you go to bed last night?		
srm1slpsp	SRM: Day 1 - went to bed with Spouse/Partner	CHECK	
srm1slpch	SRM: Day 1 - went to bed with Child(ren)	CHECK	
srm1slppa	SRM: Day 1 - went to bed with Parent(s)	CHECK	
srm1slpfr	SRM: Day 1 - went to bed with Friend(s)	CHECK	
srm1slpco	SRM: Day 1 - went to bed with Coworker(s)	CHECK	
srm1slpre	SRM: Day 1 - went to bed with Other Relative(s)	CHECK	
srm1slpot	SRM: Day 1 - went to bed with Other	CHECK	
srm1slpal	SRM: Day 1 - went to bed Alone	CHECK	
srm1wake	SRM: Day 1 - Did you get out of bed today?	YES/NO	
srm1waket	SRM: Day 1 - What time did you get out of bed today?		
srm1wakesp	SRM: Day 1 - got out of bed with Spouse/Partner	CHECK	
srm1wakech	SRM: Day 1 - got out of bed with Child(ren)	CHECK	
srm1wakepa	SRM: Day 1 - got out of bed with Parent(s)	CHECK	
srm1wakefr	SRM: Day 1 - got out of bed with Friend(s)	CHECK	
srm1wakeco	SRM: Day 1 - got out of bed with Coworker(s)	CHECK	
srm1wakere	SRM: Day 1 - got out of bed with Other Relative(s)	CHECK	
srm1wakeot	SRM: Day 1 - got out of bed with Other	CHECK	
srm1wakeal	SRM: Day 1 - got out of bed Alone	CHECK	
srm1cnt	SRM: Day 1 - Did you have contact (in person or by phone) with another person?	YES/NO	
srm1cntt	SRM: Day 1 - What time was your first contact with another person?		
srm1cntsp	SRM: Day 1 - first contact with Spouse/Partner	CHECK	
srm1cntch	SRM: Day 1 - first contact with Child(ren)	CHECK	
srm1cntpa	SRM: Day 1 - first contact with Parent(s)	CHECK	
srm1cntfr	SRM: Day 1 - first contact with Friend(s)	CHECK	

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
srm1cntco	SRM: Day 1 - first contact with Coworker(s)	CHECK	
srm1cntre	SRM: Day 1 - first contact with Other Relative(s)	CHECK	
srm1cntot	SRM: Day 1 - first contact with Other	CHECK	
srm1bev	SRM: Day 1 - Did you have a morning beverage, such as coffee?	YES/NO	
srm1bevt	SRM: Day 1 - What time did you have a morning beverage, such as coffee?		
srm1bevsp	SRM: Day 1 - morning beverage with Spouse/Partner	CHECK	
srm1bevch	SRM: Day 1 - morning beverage with Child(ren)	CHECK	
srm1bevpa	SRM: Day 1 - morning beverage with Parent(s)	CHECK	
srm1bevfr	SRM: Day 1 - morning beverage with Friend(s)	CHECK	
srm1bevco	SRM: Day 1 - morning beverage with Coworker(s)	CHECK	
srm1bevre	SRM: Day 1 - morning beverage with Other Relative(s)	CHECK	
srm1bevot	SRM: Day 1 - morning beverage with Other	CHECK	
srm1beval	SRM: Day 1 - morning beverage Alone	CHECK	
srm1bfst	SRM: Day 1 - Did you have breakfast?	YES/NO	
srm1bfstt	SRM: Day 1 - What time did you have breakfast?		
srm1bfstsp	SRM: Day 1 - breakfast with Spouse/Partner	CHECK	
srm1bfstch	SRM: Day 1 - breakfast with Child(ren)	CHECK	
srm1bfstpa	SRM: Day 1 - breakfast with Parent(s)	CHECK	
srm1bfstfr	SRM: Day 1 - breakfast with Friend(s)	CHECK	
srm1bfstco	SRM: Day 1 - breakfast with Coworker(s)	CHECK	
srm1bfstre	SRM: Day 1 - breakfast with Other Relative(s)	CHECK	
srm1bfstot	SRM: Day 1 - breakfast with Other	CHECK	
srm1bfstal	SRM: Day 1 - breakfast Alone	CHECK	
srm1out	SRM: Day 1 - Did you go outside?	YES/NO	
srm1outt	SRM: Day 1 - What time did you go outside for the first time?		
srm1outsp	SRM: Day 1 - went outside with Spouse/Partner	CHECK	

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
srm1outch	SRM: Day 1 - went outside with Child(ren)	CHECK	
srm1outpa	SRM: Day 1 - went outside with Parent(s)	CHECK	
srm1outfr	SRM: Day 1 - went outside with Friend(s)	CHECK	
srm1outco	SRM: Day 1 - went outside with Coworker(s)	CHECK	
srm1outre	SRM: Day 1 - went outside with Other Relative(s)	CHECK	
srm1outot	SRM: Day 1 - went outside with Other	CHECK	
srm1outal	SRM: Day 1 - went outside Alone	CHECK	
srm1act	SRM: Day 1 - Did you do school, housework, child or family care, volunteer activities?	YES/NO	
srm1actt	SRM: Day 1 - What time did you start school, housework, child or family care, etc.?		
srm1actsp	SRM: Day 1 - did school, housework, etc. with Spouse/Partner	CHECK	
srm1actch	SRM: Day 1 - did school, housework, etc. with Child(ren)	CHECK	
srm1actpa	SRM: Day 1 - did school, housework, etc. with Parent(s)	CHECK	
srm1actfr	SRM: Day 1 - did school, housework, etc. with Friend(s)	CHECK	
srm1actco	SRM: Day 1 - did school, housework, etc. with Coworker(s)	CHECK	
srm1actre	SRM: Day 1 - did school, housework, etc. with Other Relative(s)	CHECK	
srm1actot	SRM: Day 1 - did school, housework, etc. with Other	CHECK	
srm1actal	SRM: Day 1 - did school, housework, etc. Alone	CHECK	
srm1work	SRM: Day 1 - Did you do paid work outside of the home?	YES/NO	
srm1workt	SRM: Day 1 - What time did you start paid work outside of the home?		
srm1worksp	SRM: Day 1 - paid work with Spouse/Partner	CHECK	
srm1workch	SRM: Day 1 - paid work with Child(ren)	CHECK	
srm1workpa	SRM: Day 1 - paid work with Parent(s)	CHECK	
srm1workfr	SRM: Day 1 - paid work with Friend(s)	CHECK	
srm1workco	SRM: Day 1 - paid work with Coworker(s)	CHECK	
srm1workre	SRM: Day 1 - paid work with Other Relative(s)	CHECK	
srm1workot	SRM: Day 1 - paid work with Other	CHECK	

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
srm1workal	SRM: Day 1 - paid work Alone	CHECK	
srm1workhrs	SRM: Day 1 - How many hours did you work?		
srm1lun	SRM: Day 1 - Did you have lunch?	YES/NO	
srm1lunt	SRM: Day 1 - What time did you have lunch?		
srm1lunsp	SRM: Day 1 - lunch with Spouse/Partner	CHECK	
srm1lunch	SRM: Day 1 - lunch with Child(ren)	CHECK	
srm1lunpa	SRM: Day 1 - lunch with Parent(s)	CHECK	
srm1lunfr	SRM: Day 1 - lunch with Friend(s)	CHECK	
srm1lunco	SRM: Day 1 - lunch with Coworker(s)	CHECK	
srm1lunre	SRM: Day 1 - lunch with Other Relative(s)	CHECK	
srm1lunot	SRM: Day 1 - lunch with Other	CHECK	
srm1lunal	SRM: Day 1 - lunch Alone	CHECK	
srm1nap	SRM: Day 1 - Did you take an afternoon nap?	YES/NO	
srm1napt	SRM: Day 1 - What time did you take an afternoon nap?		
srm1napsp	SRM: Day 1 - afternoon nap with Spouse/Partner	CHECK	
srm1napch	SRM: Day 1 - afternoon nap with Child(ren)	CHECK	
srm1nappa	SRM: Day 1 - afternoon nap with Parent(s)	CHECK	
srm1napfr	SRM: Day 1 - afternoon nap with Friend(s)	CHECK	
srm1napco	SRM: Day 1 - afternoon nap with Coworker(s)	CHECK	
srm1napre	SRM: Day 1 - afternoon nap with Other Relative(s)	CHECK	
srm1napot	SRM: Day 1 - afternoon nap with Other	CHECK	
srm1napal	SRM: Day 1 - afternoon nap Alone	CHECK	
srm1aft	SRM: Day 1 - Did you have an afternoon snack/drink?	YES/NO	
srm1aftt	SRM: Day 1 - What time did you have an afternoon snack/drink?		
srm1aftsp	SRM: Day 1 - afternoon snack/drink with Spouse/Partner	CHECK	
srm1aftch	SRM: Day 1 - afternoon snack/drink with Child(ren)	CHECK	

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
srm1aftpa	SRM: Day 1 - afternoon snack/drink with Parent(s)	CHECK	
srm1aftfr	SRM: Day 1 - afternoon snack/drink with Friend(s)	CHECK	
srm1aftco	SRM: Day 1 - afternoon snack/drink with Coworker(s)	CHECK	
srm1aftre	SRM: Day 1 - afternoon snack/drink with Other Relative(s)	CHECK	
srm1aftot	SRM: Day 1 - afternoon snack/drink with Other	CHECK	
srm1aftal	SRM: Day 1 - afternoon snack/drink Alone	CHECK	
srm1din	SRM: Day 1 - Did you have dinner?	YES/NO	
srm1dint	SRM: Day 1 - What time did you have dinner?		
srm1dinsp	SRM: Day 1 - dinner with Spouse/Partner	CHECK	
srm1dinch	SRM: Day 1 - dinner with Child(ren)	CHECK	
srm1dinpa	SRM: Day 1 - dinner with Parent(s)	CHECK	
srm1dinfr	SRM: Day 1 - dinner with Friend(s)	CHECK	
srm1dinco	SRM: Day 1 - dinner with Coworker(s)	CHECK	
srm1dinre	SRM: Day 1 - dinner with Other Relative(s)	CHECK	
srm1dinot	SRM: Day 1 - dinner with Other	CHECK	
srm1dinal	SRM: Day 1 - dinner Alone	CHECK	
srm1exrc	SRM: Day 1 - Did you do any physical exercise?	YES/NO	
srm1exrct	SRM: Day 1 - What time did you begin any physical exercise?		
srm1exrcsp	SRM: Day 1 - physical exercise with Spouse/Partner	CHECK	
srm1exrcch	SRM: Day 1 - physical exercise with Child(ren)	CHECK	
srm1exrcpa	SRM: Day 1 - physical exercise with Parent(s)	CHECK	
srm1exrcfr	SRM: Day 1 - physical exercise with Friend(s)	CHECK	
srm1exrcco	SRM: Day 1 - physical exercise with Coworker(s)	CHECK	
srm1exrcre	SRM: Day 1 - physical exercise with Other Relative(s)	CHECK	
srm1exrcot	SRM: Day 1 - physical exercise with Other	CHECK	
srm1exrcal	SRM: Day 1 - physical exercise Alone	CHECK	

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
srm1eve	SRM: Day 1 - Did you have an evening snack/drink?	YES/NO	
srm1evet	SRM: Day 1 - What time did you have an evening snack/drink?		
srm1evesp	SRM: Day 1 - evening snack/drink with Spouse/Partner	CHECK	
srm1evech	SRM: Day 1 - evening snack/drink with Child(ren)	CHECK	
srm1evepa	SRM: Day 1 - evening snack/drink with Parent(s)	CHECK	
srm1evefr	SRM: Day 1 - evening snack/drink with Friend(s)	CHECK	
srm1eveco	SRM: Day 1 - evening snack/drink with Coworker(s)	CHECK	
srm1evere	SRM: Day 1 - evening snack/drink with Other Relative(s)	CHECK	
srm1eveot	SRM: Day 1 - evening snack/drink with Other	CHECK	
srm1eveal	SRM: Day 1 - evening snack/drink Alone	CHECK	
srm1news	SRM: Day 1 - Did you watch an evening TV news program?	YES/NO	
srm1newst	SRM: Day 1 - What time did you watch an evening TV news program?		
srm1newssp	SRM: Day 1 - watched evening TV news with Spouse/Partner	CHECK	
srm1newsch	SRM: Day 1 - watched evening TV news with Child(ren)	CHECK	
srm1newspa	SRM: Day 1 - watched evening TV news with Parent(s)	CHECK	
srm1newsfr	SRM: Day 1 - watched evening TV news with Friend(s)	CHECK	
srm1newsco	SRM: Day 1 - watched evening TV news with Coworker(s)	CHECK	
srm1newsre	SRM: Day 1 - watched evening TV news with Other Relative(s)	CHECK	
srm1newsot	SRM: Day 1 - watched evening TV news with Other	CHECK	
srm1newsal	SRM: Day 1 - watched evening TV news Alone	CHECK	
srm1home	SRM: Day 1 - Did you return home for the last time?	YES/NO	
srm1homet	SRM: Day 1 - What time did you return home for the last time?		
srm1homesp	SRM: Day 1 - returned home with Spouse/Partner	CHECK	
srm1homech	SRM: Day 1 - returned home with Child(ren)	CHECK	
srm1homepa	SRM: Day 1 - returned home with Parent(s)	CHECK	
srm1homefr	SRM: Day 1 - returned home with Friend(s)	CHECK	

VARIABLE NAME	VARIABLE LABEL	VALUES	FORMULA
srm1homeco	SRM: Day 1 - returned home with Coworker(s)	CHECK	
srm1homere	SRM: Day 1 - returned home with Other Relative(s)	CHECK	
srm1homeot	SRM: Day 1 - returned home with Other	CHECK	
srm1homeal	SRM: Day 1 - returned home Alone	CHECK	
srm1sp1	SRM: Day 1 - Were you involved in another specific activity during the last 24 hours?	YES/NO	
srm1sp1t	SRM: Day 1 - What time were you involved in another specific activity?		
srm1sp1sp	SRM: Day 1 - specific activity 1 with Spouse/Partner	CHECK	
srm1sp1ch	SRM: Day 1 - specific activity 1 with Child(ren)	CHECK	
srm1sp1pa	SRM: Day 1 - specific activity 1 with Parent(s)	CHECK	
srm1sp1fr	SRM: Day 1 - specific activity 1 with Friend(s)	CHECK	
srm1sp1co	SRM: Day 1 - specific activity 1 with Coworker(s)	CHECK	
srm1sp1re	SRM: Day 1 - specific activity 1 with Other Relative(s)	CHECK	
srm1sp1ot	SRM: Day 1 - specific activity 1 with Other	CHECK	
srm1sp1al	SRM: Day 1 - specific activity 1 Alone	CHECK	
srm1sp2	SRM: Day 1 - Were you involved in another specific activity during the last 24 hours?	YES/NO	
srm1sp2t	SRM: Day 1 - What time were you involved in another specific activity?		
srm1sp2sp	SRM: Day 1 - specific activity 2 with Spouse/Partner	CHECK	
srm1sp2ch	SRM: Day 1 - specific activity 2 with Child(ren)	CHECK	
srm1sp2pa	SRM: Day 1 - specific activity 2 with Parent(s)	CHECK	
srm1sp2fr	SRM: Day 1 - specific activity 2 with Friend(s)	CHECK	
srm1sp2co	SRM: Day 1 - specific activity 2 with Coworker(s)	CHECK	
srm1sp2re	SRM: Day 1 - specific activity 2 with Other Relative(s)	CHECK	
srm1sp2ot	SRM: Day 1 - specific activity 2 with Other	CHECK	
srm1sp2al	SRM: Day 1 - specific activity 2 Alone	CHECK	

YES/NO: 0=no, 1=yes   CHECK: 0=unchecked, 1=checked

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VARIABLE LABEL	FORMULA
timestd	*****STANDARDIZED TIME VARIABLES*****	
srm1slpt_std	SRM: Day 1 - standardized last night's bedtime	
srm1callt_std	SRM: Day 1 - standardized interview call time	
srm1waket_std	SRM: Day 1 - standardized wake time	
srm1cntt_std	SRM: Day 1 - standardized time of first contact with another person	
srm1bevt_std	SRM: Day 1 - standardized time had morning beverage	
srm1bfstt_std	SRM: Day 1 - standardized time ate breakfast	
srm1outt_std	SRM: Day 1 - standardized time went outside for first time	Standardized time variables for all 14 interview days were created using an arbitrarily chosen base date of June 4, 2014 (June 3, 2014 for activities that occurred on the previous calendar day, e.g., went to bed last night if before midnight). Setting the calendar date to be equal across interviews, but allowing clock times to vary across reports of a given activity permits computation of clock-time averages and standard deviations.
srm1actt_std	SRM: Day 1 - standardized time began school, housework, childcare activities	
srm1workt_std	SRM: Day 1 - standardized time began paid work	
srm1lunt_std	SRM: Day 1 - standardized time ate lunch	
srm1aftt_std	SRM: Day 1 - standardized time of afternoon snack/drink	
srm1napt_std	SRM: Day 1 - standardized time took nap	
srm1dint_std	SRM: Day 1 - standardized time ate dinner	
srm1exrct_std	SRM: Day 1 - standardized time engaged in physical exercise	
srm1evet_std	SRM: Day 1 - standardized time of evening snack/drink	
srm1newst_std	SRM: Day 1 - standardized time watched TV news program	
srm1homet_std	SRM: Day 1 - standardized time came home for last time	
srm1sp1t_std	SRM: Day 1 - standardized time engaged in specific activity 1	
srm1sp2t_std	SRM: Day 1 - standardized time engaged in specific activity 2	
timestddev	******STANDARD DEVIATIONS OF DAILY ACTIVITY TIMES******	
srm.slpt_sd	SRM: standard deviation of sleep times (minutes)	srm.slpt_sd = sd(srm1slpt_std to srm14slpt_std)
srm.waket_sd	SRM: standard deviation of wake times (minutes)	srm.waket_sd = sd(srm1waket_std to srm14waket_std)
srm.cntt_sd	SRM: standard deviation of first contact times (minutes)	srm.cntt_sd = sd(srm1cntt_std to srm14cntt_std)
srm.bevt_sd	SRM: standard deviation of morning beverage times (minutes)	srm.bevt_sd = sd(srm1bevt_std to srm14bevt_std)
srm.bfstt_sd	SRM: standard deviation of breakfast times (minutes)	srm.bfstt_sd = sd(srm1bfstt_std to srm14bfstt_std)

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VARIABLE LABEL	FORMULA
srm.outt_sd	SRM: standard deviation of times first went outside (minutes)	srm.outt_sd = sd(srm1outt_std to srm14outt_std)
srm.actt_sd	SRM: standard deviation of times starting activities (minutes)	srm.actt_sd = sd(srm1actt_std to srm14actt_std)
srm.workt_sd	SRM: standard deviation of paid work start times (minutes)	srm.workt_sd = sd(srm1workt_std to srm14workt_std)
srm.lunt_sd	SRM: standard deviation of lunch times (minutes)	srm.lunt_sd = sd(srm1lunt_std to srm14lunt_std)
srm.aftt_sd	SRM: standard deviation of afternoon snack times (minutes)	srm.aftt_sd = sd(srm1aftt_std to srm14aftt_std)
srm.napt_sd	SRM: standard deviation of nap times (minutes)	srm.napt_sd = sd(srm1napt_std to srm14napt_std)
srm.dint_sd	SRM: standard deviation of dinner times (minutes)	srm.dint_sd = sd(srm1dint_std to srm14dint_std)
srm.exrct_sd	SRM: standard deviation of physical exercise times (minutes)	srm.exrct_sd = sd(srm1exrct_std to srm14exrct_std)
srm.evet_sd	SRM: standard deviation of evening snack times (minutes)	srm.evet_sd = sd(srm1evet_std to srm14evet_std)
srm.newst_sd	SRM: standard deviation of watch TV news times (minutes)	srm.newst_sd = sd(srm1newst_std to srm14newst_std)
srm.homet_sd	SRM: standard deviation of times coming home (minutes)	srm.homet_sd = sd(srm1homet_std to srm14homet_std)
srm.sp1t_sd	SRM: standard deviation of specific activity 1 times (minutes)	srm.sp1t_sd = sd(srm1sp1t_std to srm14sp1t_std)
srm.sp2t_sd	SRM: standard deviation of specific activity 2 times (minutes)	srm.sp2t_sd = sd(srm1sp2t_std to srm14sp2t_std)
totcnt	******TOTAL ACTIVITY COUNTS******	
srm.slpt_tot	SRM: total times went to sleep	count srm.slpt_tot = srm1slp to srm14slp (1)
srm.waket_tot	SRM: total times got up in the morning	count srm.waket_tot =srm1wake to srm14wake (1)
srm.cntt_tot	SRM: total times had first contact with another person	count srm.cntt_tot =srm1cnt to srm14cnt (1)
srm.bevt_tot	SRM: total times had morning beverage	count srm.bevt_tot =srm1bev to srm14bev (1)
srm.bfstt_tot	SRM: total times ate breakfast	count srm.bfstt_tot =srm1bfst to srm14bfst (1)
srm.outt_tot	SRM: total times went outside for first time	count srm.outt_tot =srm1out to srm14out (1)
srm.actt_tot	SRM: total times began school, housework, childcare activities	count srm.waket_tot =srm1wake to srm14wake (1)
srm.workt_tot	SRM: total times started paid work	count srm.workt_tot =srm1work to srm14work (1)
srm.lunt_tot	SRM: total times ate lunch	count srm.lunt_tot =srm1lun to srm14lun (1)
srm.aftt_tot	SRM: total times had afternoon snack/drink	count srm.aftt_tot =srm1aft to srm14aft (1)
srm.napt_tot	SRM: total times took nap	count srm.napt_tot =srm1nap to srm14nap (1)
srm.dint_tot	SRM: total times ate dinner	count srm.dint_tot =srm1din to srm14din (1)

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VARIABLE LABEL	FORMULA
srm.exrct_tot	SRM: total times engaged in physical exercise	count srm.exrct_tot =srm1exrc to srm14exrc (1)
srm.evet_tot	SRM: total times had evening snack/drink	count srm.evet_tot =srm1eve to srm14eve (1)
srm.newst_tot	SRM: total times watched TV news program	count srm.newst_tot =srm1news to srm14news (1)
srm.homet_tot	SRM: total times returned home for last time	count srm.homet_tot =srm1home to srm14home (1)
srm.sp1t_tot	SRM: total times engaged in specific activity 1	count srm.sp1t_tot =srm1sp1 to srm14sp1 (1)
srm.sp2t_tot	SRM: total times engaged in specific activity 2	count srm.sp2t_tot =srm1sp2 to srm14sp2 (1)
avg1	***AVG DAILY ACTIVITY TIMES - BEFORE OUTLIERS EXCLUDED***	
srm.slpt_avg1	SRM: average sleep time (BEFORE outliers excluded)	srm.slpt_avg1 = mean(srm1slpt_std to srm14slpt_std)
srm.waket_avg1	SRM: average wake time (BEFORE outliers excluded)	srm.waket_avg1=mean(srm1waket_std to srm14waket_std)
srm.cntt_avg1	SRM: average first contact time (BEFORE outliers excluded)	srm.cntt_avg1 = mean(srm1cntt_std to srm14cntt_std)
srm.bevt_avg1	SRM: average morning beverage time (BEFORE outliers excluded)	srm.bevt_avg1 = mean(srm1bevt_std to srm14bevt_std)
srm.bfstt_avg1	SRM: average breakfast time (BEFORE outliers excluded)	srm.bfstt_avg1 = mean(srm1bfstt_std to srm14bfstt_std)
srm.outt_avg1	SRM: average time first went outside (BEFORE outliers excluded)	srm.outt_avg1 = mean(srm1outt_std to srm14outt_std)
srm.actt_avg1	SRM: average time starting activities (BEFORE outliers excluded)	srm.actt_avg1 = mean(srm1actt_std to srm14actt_std)
srm.workt_avg1	SRM: average paid work start time (BEFORE outliers excluded)	srm.workt_avg1 = mean(srm1workt_std to srm14workt_std)
srm.lunt_avg1	SRM: average lunch time (BEFORE outliers excluded)	srm.lunt_avg1 = mean(srm1lunt_std to srm14lunt_std)
srm.aftt_avg1	SRM: average noon snack time (BEFORE outliers excluded)	srm.aftt_avg1 = mean(srm1aftt_std to srm14aftt_std)
srm.napt_avg1	SRM: average nap time (BEFORE outliers excluded)	srm.napt_avg1 = mean(srm1napt_std to srm14napt_std)
srm.dint_avg1	SRM: average dinner time (BEFORE outliers excluded)	srm.dint_avg1 = mean(srm1dint_std to srm14dint_std)
srm.exrct_avg1	SRM: average physical exercise time (BEFORE outliers excluded)	srm.exrct_avg1 = mean(srm1exrct_std to srm14exrct_std)
srm.evet_avg1	SRM: average evening snack time (BEFORE outliers excluded)	srm.evet_avg1 = mean(srm1evet_std to srm14evet_std)
srm.newst_avg1	SRM: average watch TV news time (BEFORE outliers excluded)	srm.newst_avg1=mean(srm1newst_std to srm14newst_std)
srm.homet_avg1	SRM: average time coming home (BEFORE outliers excluded)	srm.homet_avg1 = mean(srm1homet_std to srm14homet_std)
srm.sp1t_avg1	SRM: average specific activity 1 time (BEFORE outliers excluded)	srm.sp1t_avg1 = mean(srm1sp1t_std to srm14sp1t_std)
srm.sp2t_avg1	SRM: average specific activity 2 time (BEFORE outliers excluded)	srm.sp2t_avg1 = mean(srm1sp2t_std to srm14sp2t_std)

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VARIABLE LABEL	FORMULA
Winvars	****DAILY ACTIVITY TIMES WITHIN +/-1.5 SD OF AVERAGE TIME***	
srm1slpt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – last night's bedtime	
srm1waket_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – wake time	
srm1cntt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time first contact w/another person	
srm1bevt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time had morning beverage	
srm1bfstt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time ate breakfast	
srm1outt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time went outside for first time	The following formula was used to create a variable with values only for participants whose Day 1 sleep time occurred within +/- 1.5 SD of their average sleep time. Values outside of this range were coded to missing. This same computation was applied to all activity variables on all 14 days.
srm1actt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time began school, housework, etc.	
srm1workt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time began paid work	
srm1lunt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time ate lunch	
srm1aftt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time of afternoon snack/drink	
srm1napt_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time took nap	if (srm1slpt_std le (datesum(srm.slpt_avg1, (1.5*srm.slpt_sd), "minutes"))) and
srm1dint_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time ate dinner	(srm1slpt_std ge (datesum(srm.slpt_avg1, (-1.5*srm.slpt_sd), "minutes"))) srm1slpt_win = srm1slpt_std.
srm1exrct_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time engaged in physical exercise	
srm1evet_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time of evening snack/drink	
srm1newst_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time watched TV news program	
srm1homet_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time came home for last time	
srm1sp1t_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time engaged in specific activity 1	
srm1sp2t_win	SRM: Day 1 - w/in +/-1.5 SD avg1 – time engaged in specific activity 2	
avg2	**AVERAGE DAILY ACTIVITY TIMES - AFTER OUTLIERS EXCLUDED**	
srm.slpt_avg2	SRM: average sleep time (AFTER outliers excluded)	srm.slpt_avg2 = mean(srm1slpt_win to srm14slpt_win)
srm.waket_avg2	SRM: average wake time (AFTER outliers excluded)	srm.waket_avg2=mean(srm1waket_win to srm14waket_win)
srm.cntt_avg2	SRM: average first contact time (AFTER outliers excluded)	srm.cntt_avg2 = mean(srm1cntt_win to srm14cntt_win)
srm.bevt_avg2	SRM: average morning beverage time (AFTER outliers excluded)	srm.bevt_avg2 = mean(srm1bevt_win to srm14bevt_win)
srm.bfstt_avg2	SRM: average breakfast time (AFTER outliers excluded)	srm.bfstt_avg2 = mean(srm1bfstt_win to srm14bfstt_win)
srm.outt_avg2	SRM: average time first went outside (AFTER outliers excluded)	srm.outt_avg2 = mean(srm1outt_win to srm14outt_win)

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VAR NAME	VAR NAME
srm.actt_avg2	SRM: average time starting activities (AFTER outliers excluded)	srm.actt_avg2 = mean(srm1actt_win to srm14actt_win)
srm.workt_avg2	SRM: average paid work start time (AFTER outliers excluded)	srm.workt_avg2 = mean(srm1workt_win to srm14workt_win)
srm.lunt_avg2	SRM: average lunch time (AFTER outliers excluded)	srm.lunt_avg2 = mean(srm1lunt_win to srm14lunt_win)
srm.aftt_avg2	SRM: average noon snack time (AFTER outliers excluded)	srm.aftt_avg2 = mean(srm1aftt_win to srm14aftt_win)
srm.napt_avg2	SRM: average nap time (AFTER outliers excluded)	srm.napt_avg2 = mean(srm1napt_win to srm14napt_win)
srm.dint_avg2	SRM: average dinner time (AFTER outliers excluded)	srm.dint_avg2 = mean(srm1dint_win to srm14dint_win)
srm.exrct_avg2	SRM: average physical exercise time (AFTER outliers excluded)	srm.exrct_avg2 = mean(srm1exrct_win to srm14exrct_win)
srm.evet_avg2	SRM: average evening snack time (AFTER outliers excluded)	srm.evet_avg2 = mean(srm1evet_win to srm14evet_win)
srm.newst_avg2	SRM: average watch TV news time (AFTER outliers excluded)	srm.newst_avg2=mean(srm1newst_win to srm14newst_win)
srm.homet_avg2	SRM: average time coming home (AFTER outliers excluded)	srm.homet_avg2 = mean(srm1homet_win to srm14homet_win)
srm.sp1t_avg2	SRM: average specific activity 1 time (AFTER outliers excluded)	srm.sp1t_avg2 = mean(srm1sp1t_win to srm14sp1t_win)
srm.sp2t_avg2	SRM: average specific activity 2 time (AFTER outliers excluded)	srm.sp2t_avg2 = mean(srm1sp2t_win to srm14sp2t_win)
win45	***DAILY ACTIVITY TIMES WITHIN 45 MIN OF NEW AVERAGE TIME***	
srm1slpt_45	SRM: Day 1 - w/in +/- 45 min avg2 – last night's bedtime	
srm1waket_45	SRM: Day 1 - w/in +/- 45 min avg2 – wake time	
srm1cntt_45	SRM: Day 1 - w/in +/- 45 min avg2 – time first contact w/another person	
srm1bevt_45	SRM: Day 1 - w/in +/- 45 min avg2 – time had morning beverage	The following formula was used to create a variable with values only for participants whose Day 1 sleep time occurred within +/- 45 min of their new average sleep time (outliers excluded). Values outside of this range were coded to missing. This same computation was applied to all activity variables on all 14 days.
srm1bfstt_45	SRM: Day 1 - w/in +/- 45 min avg2 – time ate breakfast	
srm1outt_45	SRM: Day 1 - w/in +/- 45 min avg2 – time went outside first time	
srm1actt_45	SRM: Day 1 - w/in +/- 45 min avg2 – time began school, housework, etc.	
srm1workt_45	SRM: Day 1 - w/in +/- 45 min avg2 – time began paid work	
srm1lunt_45	SRM: Day 1 - w/in +/- 45 min avg2 – time ate lunch	if (srm1slp_win le (datesum(srm.slp_avg2, 45, "minutes"))) and (srm1slp_win ge (datesum(srm.slp_avg2, -45, "minutes"))) srm1slp_45 = srm1slp_win.
srm1aftt_45	SRM: Day 1 - w/in +/- 45 min avg2 – time of afternoon snack/drink	
srm1napt_45	SRM: Day 1 - w/in +/- 45 min avg2 – time took nap	
srm1dint_45	SRM: Day 1 - w/in +/- 45 min avg2 – time ate dinner	
srm1exrct_45	SRM: Day 1 - w/in +/- 45 min avg2 – time engaged in phys. exer.	

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VAR NAME	VAR NAME
srm1evet_45	SRM: Day 1 - w/in +/- 45 min avg2 – time of evening snack/drink	
srm1newst_45	SRM: Day 1 - w/in +/- 45 min avg2 – time watched TV news	
srm1homet_45	SRM: Day 1 - w/in +/- 45 min avg2 – time came home for last time	
srm1sp1t_45	SRM: Day 1 - w/in +/- 45 min avg2 – time engaged in spec. act. 1	
srm1sp2t_45	SRM: Day 1 - w/in +/- 45 min avg2 – time engaged in spec. act. 2	
count45	*****COUNTS OF DAILY ACTIVITIES OCCURRING W/IN 45 MIN OF NEW AVG TIME*****	
srm.slp_45tot	SRM: total times went to sleep w/in 45 min of average time	count srm.slp_45tot = srm1slpt_45 to srm14slpt_45 (1 thru highest)
srm.wake_45tot	SRM: total times got up in the morning w/in 45 min of avg time	count srm.wake_45tot = srm1waket_45 to srm14waket_45 (1 thru highest)
srm.cnt_45tot	SRM: total times first contact w/another person, 45 min avg time	count srm.cnt_45tot = srm1cntt_45 to srm14cntt_45(1 thru highest)
srm.bev_45tot	SRM: total times had morning beverage w/in 45 min of avg time	count srm.bev_45tot = srm1bevt_45 to srm14bevt_45(1 thru highest)
srm.bfst_45tot	SRM: total times ate breakfast w/in 45 min of average time	count srm.bfst_45tot = srm1bfstt_45 to srm14bfstt_45(1 thru highest)
srm.out_45tot	SRM: total times went outside for first time w/in 45 min avg time	count srm.out_45tot = srm1outt_45 to srm14outt_45(1 thru highest)
srm.act_45tot	SRM: total times began school, housework, etc., 45 min avg time	count srm.act_45tot = srm1actt_45 to srm14actt_45(1 thru highest)
srm.work_45tot	SRM: total times started paid work w/in 45 min of average time	count srm.work_45tot = srm1workt_45 to srm14workt_45 (1 thru highest)
srm.lun_45tot	SRM: total times ate lunch w/in 45 min of average time	count srm.lun_45tot = srm1lunt_45 to srm14lunt_45 (1 thru highest)
srm.aft_45tot	SRM: total times had afternoon snack/drink w/in 45 min avg time	count srm.aft_45tot = srm1aftt_45 to srm14aftt_45 (1 thru highest)
srm.nap_45tot	SRM: total times took nap w/in 45 min of average time	count srm.nap_45tot = srm1napt_45 to srm14napt_45 (1 thru highest)
srm.din_45tot	SRM: total times ate dinner w/in 45 min of average time	count srm.din_45tot = srm1dint_45 to srm14dint_45 (1 thru highest)
srm.exrc_45tot	SRM: total times engaged in phys. exercise w/in 45 min avg time	count srm.exrc_45tot = srm1exrct_45 to srm14exrct_45 (1 thru highest)
srm.eve_45tot	SRM: total times had evening snack/drink w/in 45 min of avg time	count srm.eve_45tot = srm1evet_45 to srm14evet_45 (1 thru highest)
srm.news_45tot	SRM: total times watched TV news program w/in 45 min avg time	count srm.news_45tot = srm1newst_45 to srm14newst_45 (1 thru highest)
srm.home_45tot	SRM: total times returned home for last time, 45 min of avg time	count srm.home_45tot = srm1homet_45 to srm14homet_45 (1 thru highest)
srm.sp1_45tot	SRM: total times engaged in specific activity 1, 45 min of avg time	count srm.sp1_45tot = srm1sp1t_45 to srm14sp1t_45 (1 thru highest)
srm.sp2_45tot	SRM: total times engaged in specific activity 2, 45 min of avg time	count srm.sp2_45tot = srm1sp2t_45 to srm14sp2t_45 (1 thru highest)

VAR NAME	VARIABLE LABEL	VALUES	FORMULA
reg	***REGULAR ACTIVITIES (I.E., OCCURRING >3 TIMES PER WEEK)***		
srm.slp_reg	SRM: went to sleep >3 times per week	YES/NO	
srm.wake_reg	SRM: got up in the morning >3 times per week	YES/NO	
srm.cnt_reg	SRM: had first contact w/another person >3 times per week	YES/NO	
srm.bev_reg	SRM: had morning beverage >3 times per week	YES/NO	
srm.bfst_reg	SRM: ate breakfast >3 times per week	YES/NO	
srm.out_reg	SRM: went outside for first time >3 times per week	YES/NO	
srm.act_reg	SRM: began school, housework, etc. >3 times per week	YES/NO	The following formula was used to create a variable indicating whether the activity of going to bed at night occurred at least 3 times per week (i.e., at least 6 times throughout the 14-day interview period). This same formula was applied for each activity.
srm.work_reg	SRM: started paid work >3 times per week	YES/NO	
srm.lun_reg	SRM: ate lunch >3 times per week	YES/NO	
srm.aft_reg	SRM: had afternoon snack/drink >3 times per week	YES/NO	
srm.nap_reg	SRM: took nap >3 times per week	YES/NO	
srm.din_reg	SRM: ate dinner >3 times per week	YES/NO	if srm.slp_tot $\geq$ 6 srm.slp_reg = 1;
srm.exrc_reg	SRM: engaged in physical exercise >3 times per week	YES/NO	if srm.slp_tot < 6 srm.slp_reg = 0
srm.eve_reg	SRM: had evening snack/drink >3 times per week	YES/NO	
srm.news_reg	SRM: watched TV news program >3 times per week	YES/NO	
srm.home_reg	SRM: returned home for last time >3 times per week	YES/NO	
srm.sp1_reg	SRM: engaged in specific activity 1 >3 times per week	YES/NO	
srm.sp2_reg	SRM: engaged in specific activity 2 >3 times per week	YES/NO	

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VARIABLE LABEL	FORMULA
cntreg45	***COUNTS OF REG ACTIVITIES OCCURING W/IN 45 MIN NEW AVG TIME***	
srm.slp_45totr	SRM: Reg Act - total times went to sleep, 45 min avg time	
srm.wake_45totr	SRM: Reg Act - total times got up in AM, 45 min avg time	
srm.cnt_45totr	SRM: Reg Act - total times first contact, 45 min avg time	
srm.bev_45totr	SRM: Reg Act - total times AM beverage, 45 min avg time	
srm.bfst_45totr	SRM: Reg Act - total times ate breakfast, 45 min avg time	
srm.out_45totr	SRM: Reg Act - total times went out first time, 45 min avg time	
srm.act_45totr	SRM: Reg Act - total times school, housework, etc., 45 min avg time	The following formula was used to create a variable summing the number of times participants went to bed within 45 minutes of their average bedtime, but only for participants **for whom going to bed at night was a regular activity** (i.e., occurred at least 3 times per week). This same computation was applied to all activity variables.
srm.work_45totr	SRM: Reg Act - total times started paid work, 45 min avg time	
srm.lun_45totr	SRM: Reg Act - total times ate lunch w/in 45 min avg time	
srm.aft_45totr	SRM: Reg Act - total times afternoon snack, 45 min avg time	
srm.nap_45totr	SRM: Reg Act - total times took nap w/in 45 min avg time	if srm.slp_reg = 1 srm.slp_45totr = srm.slp_45tot
srm.din_45totr	SRM: Reg Act - total times ate dinner w/in 45 min avg time	
srm.exrc_45totr	SRM: Reg Act - total times phys. exer., 45 min avg time	
srm.eve_45totr	SRM: Reg Act - total times evening snack, 45 min avg time	
srm.news_45totr	SRM: Reg Act - total times watched TV news, 45 min avg time	
srm.home_45totr	SRM: Reg Act - total times returned home, 45 min avg time	
srm.sp1_45totr	SRM: Reg Act - total times spec. act. 1, 45 min avg time	
srm.sp2_45totr	SRM: Reg Act - total times spec. act. 2, 45 min avg time	
sumscr	*****SUMMARY SCORES*****	
srm.ali	SRM: activity level index	srm.ali = sum(srm.slp_tot, srm.wake_tot, srm.cnt_tot, srm.bev_tot, srm.bfst_tot, srm.out_tot, srm.act_tot, srm.work_tot, srm.exrc_tot, srm.lun_tot, srm.aft_tot, srm.nap_tot, srm.din_tot, srm.eve_tot, srm.news_tot, srm.home_tot, srm.sp1_tot, srm.sp2_tot)

VAR NAME	VARIABLE LABEL	FORMULA
srm.activities_reg	SRM: total activities engaged in at least 3 times per week	srm.activities_reg = sum(srm.slp_reg, srm.wake_reg, srm.cnt_reg, srm.bev_reg, srm.bfst_reg, srm.out_reg, srm.act_reg, srm.work_reg, srm.exrc_reg, srm.lun_reg, srm.aft_reg, srm.nap_reg, srm.din_reg, srm.eve_reg, srm.news_reg, srm.home_reg, srm.sp1_reg, srm.sp2_reg)
srm.activities_45r	SRM: total regular activities engaged in w/in 45 min avg time	srm.activities_45r = sum(srm.slp_45totr, srm.wake_45totr, srm.cnt_45totr, srm.bev_45totr, srm.bfst_45totr, srm.out_45totr, srm.act_45totr, srm.work_45totr, srm.exrc_45totr, srm.lun_45totr, srm.aft_45totr, srm.nap_45totr, srm.din_45totr, srm.eve_45totr, srm.news_45totr, srm.home_45totr, srm.sp1_45totr, srm.sp2_45totr)
srm.score	SRM: rhythmicity score	if srm.activities_reg gt 0, srm.score = srm.activities_45r/srm.activities_reg
alnsoc	*****SOCIAL AND ALONE VARIABLES*****	
The formulae below were used to create variables with values only for participants whose Day 1 sleep time occurred within +/- 45 min of their new average sleep time (outliers excluded) and indicated whether they were alone OR whether each of the named relationships was present. This same computation was applied to all activity variables on all 14 days.		
srm1slpal_45	SRM: Day 1 - within +/- 45 min avg2 - last night's bedtime (alone)	if srm1slpal = 1, srm1slpal_45 = srm1slpt_45
srm1slpsp_45	SRM: Day 1 - within +/- 45 min avg2 - last night's bedtime (+spouse)	if srm1slpsp = 1, srm1slpsp_45 = srm1slpt_45
srm1slpch_45	SRM: Day 1 - within +/- 45 min avg2 - last night's bedtime (+child)	if srm1slpch = 1, srm1slpch_45 = srm1slpt_45
srm1slppa_45	SRM: Day 1 - within +/- 45 min avg2 - last night's bedtime (+parent)	if srm1slppa = 1, srm1slppa_45 = srm1slpt_45
srm1slpfr_45	SRM: Day 1 - within +/- 45 min avg2 - last night's bedtime (+friend)	if srm1slpfr = 1, srm1slpfr_45 = srm1slpt_45
srm1slpco_45	SRM: Day 1 - within +/- 45 min avg2 - last night's bedtime (+coworker)	if srm1slpco = 1, srm1slpco_45 = srm1slpt_45
srm1slpre_45	SRM: Day 1 - within +/- 45 min avg2 - last night's bedtime (+other relative)	if srm1slpre = 1, srm1slpre_45 = srm1slpt_45
srm1slpot_45	SRM: Day 1 - within +/- 45 min avg2 - last night's bedtime (+other)	if srm1slpot = 1, srm1slpot_45 = srm1slpt_45
srm1slpsoc_45	SRM: Day 1 - within +/- 45 min avg2 - last night's bedtime (+any person)	if srm1slpsp = 1 or srm1slpch = 1 or srm1slppa = 1 or srm1slpfr = 1, or srm1slpco = 1, or srm1slpre = 1 or srm1slpot = 1, srm1slpsoc_45 = srm1slpt_45

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VARIABLE LABEL	FORMULA
srm.slpal_45tot	SRM: total times went to sleep w/in 45 min avg time (alone)	
srm.wakeal_45tot	SRM: total times got up in the morning w/in 45 min avg time (alone)	
srm.beval_45tot	SRM: total times had morning beverage w/in 45 min avg time (alone)	
srm.bfstal_45tot	SRM: total times ate breakfast w/in 45 min avg time (alone)	
srm.outal_45tot	SRM: total times went outside first time w/in 45 min avg time (alone)	
srm.actal_45tot	SRM: total times began school, housework, etc., 45 min avg time (alone)	
srm.workal_45tot	SRM: total times started paid work w/in 45 min avg time (alone)	The following formula was used to compute the total number of times participants went to sleep **alone** within 45 minutes of their average bedtime.
srm.lunal_45tot	SRM: total times ate lunch w/in 45 min avg time (alone)	
srm.aftal_45tot	SRM: total times had afternoon snack w/in 45 min avg time (alone)	
srm.napal_45tot	SRM: total times took nap w/in 45 min avg time (alone)	srm.slpal_45tot = sum(srm1slpal_45 to srm14slpal_45).
srm.dinal_45tot	SRM: total times ate dinner w/in 45 min avg time (alone)	
srm.exrcal_45tot	SRM: total times engaged in phys. exer. w/in 45 min avg time (alone)	This formula was applied to all activities (except for first contact with another person).
srm.eveal_45tot	SRM: total times had evening snack w/in 45 min avg time (alone)	
srm.newsal_45tot	SRM: total times watched TV news w/in 45 min avg time (alone)	
srm.homeal_45tot	SRM: total times returned home for last time, 45 min avg time (alone)	
srm.sp1al_45tot	SRM: total times engaged in spec. act. 1 w/in 45 min avg time (alone)	
srm.sp2al_45tot	SRM: total times engaged in spec. act. 2 w/in 45 min avg time (alone)	
srm.slpsp_45tot	SRM: total times went to sleep w/in 45 min avg time (+spouse)	
srm.wakesp_45tot	SRM: total times got up in the morning w/in 45 min avg time (+spouse)	
srm.cntsp_45tot	SRM: total times first contact w/another person, 45 min avg time (+spouse)	
srm.bevsp_45tot	SRM: total times had morning beverage w/in 45 min avg time (+spouse)	
srm.bfstsp_45tot	SRM: total times ate breakfast w/in 45 min avg time (+spouse)	
srm.outsp_45tot	SRM: total times went outside first time w/in 45 min avg time (+spouse)	
srm.actsp_45tot	SRM: total times began school, housework, etc., 45 min avg time (+spouse)	

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VARIABLE LABEL	FORMULA
srm.worksp_45tot	SRM: total times started paid work w/in 45 min avg time (+spouse)	The following formula was used to compute the total number of times participants went to sleep **with his or her spouse/partner** within 45 minutes of their average bedtime. srm.slpsp_45tot = sum(srm1slpsp_45 to srm14slpsp_45) This formula was applied to all activities, and all social relationship types.
srm.lunsp_45tot	SRM: total times ate lunch w/in 45 min avg time (+spouse)	
srm.aftsp_45tot	SRM: total times had afternoon snack w/in 45 min avg time (+spouse)	
srm.napsp_45tot	SRM: total times took nap w/in 45 min avg time (+spouse)	
srm.dinsp_45tot	SRM: total times ate dinner w/in 45 min avg time (+spouse)	
srm.exrcsp_45tot	SRM: total times engaged in phys. exer. w/in 45 min avg time (+spouse)	
srm.evesp_45tot	SRM: total times had evening snack w/in 45 min avg time (+spouse)	
srm.newssp_45tot	SRM: total times watched TV news w/in 45 min avg time (+spouse)	
srm.homesp_45tot	SRM: total times returned home for last time, 45 min avg time (+spouse)	
srm.sp1sp_45tot	SRM: total times engaged in spec. act. 1 w/in 45 min avg time (+spouse)	
srm.sp2sp_45tot	SRM: total times engaged in spec. act. 2 w/in 45 min avg time (+spouse)	
srm.slpal_45totr	SRM: Reg act - tot times went to sleep w/in 45 min avg time (alone)	The following formula was used to create a variable summing the number of times participants went to bed **alone** within 45 minutes of their average bedtime, but only for participants **for whom going to bed at night was a regular activity** (i.e., occurred at least 3 times per week). This same computation was applied to all activity variables (except for first contact with another person. if srm.slp_reg = 1 srm.slpal_45totr = srm.slpal_45tot
srm.wakeal_45totr	SRM: Reg act - tot times got up in the morning w/in 45 min avg time (alone)	
srm.beval_45totr	SRM: Reg act - tot times had morning beverage w/in 45 min avg time (alone)	
srm.bfstal_45totr	SRM: Reg act - tot times ate breakfast w/in 45 min avg time (alone)	
srm.outal_45totr	SRM: Reg act - tot times went out for first time w/in 45 min avg time (alone)	
srm.actal_45totr	SRM: Reg act - tot times began school, housework, etc., 45 min avg time (alone)	
srm.workal_45totr	SRM: Reg act - tot times started paid work w/in 45 min avg time (alone)	
srm.lunal_45totr	SRM: Reg act - tot times ate lunch w/in 45 min avg time (alone)	
srm.aftal_45totr	SRM: Reg act - tot times had afternoon snack w/in 45 min avg time (alone)	
srm.napal_45totr	SRM: Reg act - tot times took nap w/in 45 min avg time (alone)	
srm.dinal_45totr	SRM: Reg act - tot times ate dinner w/in 45 min avg time (alone)	
srm.exrcal_45totr	SRM: Reg act - tot times engaged in phys. exercise, 45 min avg time (alone)	
srm.eveal_45totr	SRM: Reg act - tot times had evening snack w/in 45 min avg time (alone)	

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VARIABLE LABEL	FORMULA
srm.newsal_45totr	SRM: Reg act - tot times watched TV news w/in 45 min avg time (alone)	
srm.homeal_45totr	SRM: Reg act - tot times returned home for last time, 45 min avg time (alone)	
srm.sp1al_45totr	SRM: Reg act - tot times engaged in spec. act. 1 w/in 45 min avg time (alone)	
srm.sp2al_45totr	SRM: Reg act - tot times engaged in spec. act. 2 w/in 45 min avg time (alone)	
srm.slpsp_45totr	SRM: Reg act - tot times went to sleep w/in 45 min avg time (+spouse)	
srm.wakesp_45totr	SRM: Reg act - tot times got up in the AM w/in 45 min avg time (+spouse)	
srm.cntsp_45totr	SRM: Reg act – tot times first contact w/another person, 45 min avg time (+spouse)	
srm.bevsp_45totr	SRM: Reg act - tot times had AM beverage w/in 45 min avg time (+spouse)	
srm.bfstsp_45totr	SRM: Reg act - tot times ate breakfast w/in 45 min avg time (+spouse)	
srm.outsp_45totr	SRM: Reg act - tot times went out for first time, 45 min avg time (+spouse)	The following formula was used to create a variable summing the number of times participants went to bed
srm.actsp_45totr	SRM: Reg act - tot times began school, housework, etc., 45 min avg time (+spouse)	**with his or her spouse/partner** within 45 minutes of their average bedtime, but only for participants **for**
srm.worksp_45totr	SRM: Reg act - tot times started paid work w/in 45 min avg time (+spouse)	**whom going to bed at night was a regular activity** (i.e., occurred at least 3 times per week). This same
srm.lunsp_45totr	SRM: Reg act - tot times ate lunch w/in 45 min avg time (+spouse)	computation was applied to all activity variables and was
srm.aftsp_45totr	SRM: Reg act - tot times had afternoon snack w/in 45 min avg time (+spouse)	repeated for all social relationship types.
srm.napsp_45totr	SRM: Reg act - tot times took nap w/in 45 min avg time (+spouse)	
srm.dinsp_45totr	SRM: Reg act - tot times ate dinner w/in 45 min avg time (+spouse)	if srm.slp_reg = 1 srm.slpsp_45totr = srm.slpsp_45tot
srm.exrcsp_45totr	SRM: Reg act - tot times engaged in phys. exer., 45 min avg time (+spouse)	
srm.evesp_45totr	SRM: Reg act - tot times had evening snack w/in 45 min avg time (+spouse)	
srm.newssp_45totr	SRM: Reg act - tot times watched TV news w/in 45 min avg time (+spouse)	
srm.homesp_45totr	SRM: Reg act - tot times returned home for last time, 45 min avg time (+spouse)	
srm.sp1sp_45totr	SRM: Reg act - tot times specific activity 1 w/in 45 min avg time (+spouse)	
srm.sp2sp_45totr	SRM: Reg act - tot times specific activity 2 w/in 45 min avg time (+spouse)	

CREATED VARIABLES FOR COMPUTATION OF SRM SUMMARY SCORES

VAR NAME	VARIABLE LABEL	FORMULA
srm.alone_45r	SRM: ALONE - total regular activities engaged in w/in 45 min avg time	Relationship-specific variables were created using the same algorithm that was used for the computation of srm.activities_45r, substituting relevant _45tor variables. The alone variable was computed similarly, save for the omission of the first contact with another person total.
srm.spouse_45r	SRM: SPOUSE - total regular activities engaged in w/in 45 min avg time	
srm.child_45r	SRM: CHILD - total regular activities engaged in w/in 45 min avg time	
srm.parents_45r	SRM: PARENT - total regular activities engaged in w/in 45 min avg time	
srm.friend_45r	SRM: FRIEND - total regular activities engaged in w/in 45 min avg time	
srm.coworker_45r	SRM: COWORKER - total regular activities engaged in w/in 45 min avg time	
srm.relative_45r	SRM: OTHER RELATIVE - tot reg activities engaged in w/in 45 min avg time	
srm.other_45r	SRM: OTHER - total regular activities engaged in w/in 45 min avg time	
srm.social_45r	SRM: ANY PERSON - total regular activities engaged in w/in 45 min avg time	
srm.alonescr	SRM: rhythmicity score - ALONE activities only	if srm.activities_reg gt 0, srm.score = srm.alone_45r/srm.activities_reg
srm.spousescr	SRM: rhythmicity score - SPOUSE activities only	if srm.activities_reg gt 0, srm.score = srm.spouse_45r/srm.activities_reg
srm.childscr	SRM: rhythmicity score - CHILD activities only	if srm.activities_reg gt 0, srm.score = srm.child_45r/srm.activities_reg
srm.parentsscr	SRM: rhythmicity score - PARENT activities only	if srm.activities_reg gt 0, srm.score = srm.parent_45r/srm.activities_reg
srm.friendscr	SRM: rhythmicity score - FRIEND activities only	if srm.activities_reg gt 0, srm.score = srm.friend_45r/srm.activities_reg
srm.coworkerscr	SRM: rhythmicity score - COWORKER activities only	if srm.activities_reg gt 0, srm.score = srm.coworker_45r/srm.activities_reg
srm.relativescr	SRM: rhythmicity score - OTHER RELATIVE activities only	if srm.activities_reg gt 0, srm.score = srm.relative_45r/srm.activities_reg
srm.otherscr	SRM: rhythmicity score - OTHER activities only	if srm.activities_reg gt 0, srm.score = srm.other_45r/srm.activities_reg
srm.socialscr	SRM: rhythmicity score - SOCIAL activities only	if srm.activities_reg gt 0, srm.score = srm.social_45r/srm.activities_reg