



World Database of Happiness

Correlational Findings

© on data collected: Ruut Veenhoven, Erasmus University Rotterdam

Findings on Happiness & SLEEP

Correlate Code: S 4

Classification of Findings		Number of Studies
<i>Correlate Code</i>	<i>Correlate Name</i>	<i>on this Subject</i>
S 4	SLEEP	0
S 4.1	Sleep career	0
S 4.1.1	Earlier sleep	0
S 4.1.2	Change in sleep	0
S 4.1.3	Later sleep	0
S 4.2	Current sleep-pattern	0
S 4.2.1	Amount of sleep	3
S 4.2.2	Quality of sleep	1
S 4.3	Attitudes to sleep	0
S 4.3.1	Satisfaction with amount of sleep	6

- Appendix 1: Happiness queries used
Appendix 2: Statistics used
Appendix 3: About the World Database of Happiness
Appendix 4: Further Findings in the World Database of Happiness
Appendix 5: Related Topics
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World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands

Study	BAKKE 1974	<i>Page in Report:</i>	28
<i>Reported in:</i>	Bakker, P. & Berg, N. van de Determinants and correlates of happiness. Unpublished thesis, 1974, Erasmus University Rotterdam, The Netherlands.		
<i>Population:</i>	20-65 aged, general public, The Netherlands, 1968		
<i>Sample:</i>			
<i>Non-Response:</i>	34% refusal and unattainable.		
<i>N:</i>	1552		

Measured Correlate

Class: Amount of sleep Code: S 4.2.1

Measurement: Difference between the time one usually goes to sleep and the time one usually awakes.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HP/g/sq/ol/7/a	G=±.0	ns

Study	GORMA 1971	<i>Page in Report:</i>	216/222
<i>Reported in:</i>	Gorman, B.S. A multivariate study of the relationship of cognitive control and cognitive style Unpublished doctoral dissertation, 1971, City University of New York, USA		
<i>Population:</i>	Undergraduate students, Nassau Community College, USA, 1970		
<i>Sample:</i>			
<i>Non-Response:</i>	4%, 3% refusal, 1% incomplete information		
<i>N:</i>	67		

Measured Correlate

Class: Amount of sleep Code: S 4.2.1

Measurement: Repeated closed question on amount of sleep last night; during one month: much less than average / less than average / average amount / more than average / much more than average.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-ARE/md/sqr/v/10/	r=+.16 ns	
O-BW/c/sq/l/11/b	r=+.16 ns	

Study	WESSM 1966/2	<i>Page in Report:</i>	283
<i>Reported in:</i>	Wessman, A.E. & Ricks, D.F. Mood and personality Holt, 1966, New York, USA		
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60		
<i>Sample:</i>			
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.		
<i>N:</i>	17		

Measured Correlate

Class: Amount of sleep Code: S 4.2.1

Measurement: Repeated direct question on number of hours sleep last night; during 6 weeks.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-ARE/md/sqr/v/10/	r=+.25 ns	

Study	CLEME 1980/4	<i>Page in Report:</i>	103-107
<i>Reported in:</i>	Clement, F. Variation of several characteristics of personality in function, especially age, sexe Psychologie Francaise (1980), vol. 25, p. 95 - 113.		
<i>Population:</i>	50-69 aged women, France, 1975		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	747		

Measured Correlate

<i>Class:</i>	Quality of sleep Code: S 4.2.2
<i>Measurement:</i>	Single direct question; 0 more or less disturbed 1 normal
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>		
M-FH/u/sq/ol/9/a	DM=+ p<.001	More or less disturbed Normal	M=6. M=6, 87	Mt' =6, 3 Mt' =7, 3
O-HL/u/sq/ol/9/a	DM=+ p<.05	more or less disturbed normal	M=6, 80 M=7, 15	Mt' =7, 3 Mt' =7, 7
O-SP/u/sq/ol/9/a	DM=+ p<.001	More or less disturbed Normal	M=6, 21 M=6, 54	Mt' =6, 5 Mt' =6, 9

Study	ANDRE 1976/3	<i>Page in Report:</i>	112
<i>Reported in:</i>	Andrews, F.M. & Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA		
<i>Population:</i>	18+ aged, general public, non institutionalized, USA, 1972/11		
<i>Sample:</i>			
<i>Non-Response:</i>	38%		
<i>N:</i>	1072		

Measured Correlate

Class: Satisfaction with amount of sleep Code: S 4.3.1

Measurement: Closed question: "How do you feel about the sleep you get?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sqrt/v/7/a	E ² =+.31	

Study	ANDRE 1976/3	<i>Page in Report:</i>	112
<i>Reported in:</i>	Andrews, F.M. & Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA		
<i>Population:</i>	18+ aged, general public, non institutionalized, USA, 1972/11		
<i>Sample:</i>			
<i>Non-Response:</i>	38%		
<i>N:</i>	1072		

Measured Correlate

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Measurement: Closed question: "How do you feel about the sleep you get?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
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<i>Sample:</i>			
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Measurement: Closed question: "How do you feel about the sleep you get?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sqrt(v/7/a	E ² =+.31	

Study	ANDRE 1976/5	<i>Page in Report:</i>	112
<i>Reported in:</i>	Andrews, F.M. & Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA		
<i>Population:</i>	18+ aged, general public, non-institutionalized, USA, 1973/7		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	222		

Measured Correlate

Class: Satisfaction with amount of sleep Code: S 4.3.1

Measurement: Closed question: "How do you feel about the sleep you get?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sqt/v/7/a	r=+.24	

Study	ANDRE 1976/5	<i>Page in Report:</i>	112
<i>Reported in:</i>	Andrews, F.M. & Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA		
<i>Population:</i>	18+ aged, general public, non-institutionalized, USA, 1973/7		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	222		

Measured Correlate

Class: Satisfaction with amount of sleep Code: S 4.3.1

Measurement: Closed question: "How do you feel about the sleep you get?"
Rated on a 7-point scale: terrible/ unhappy/
mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sqrt/v/7/a	r=+.24	

Study	ANDRE 1976/5	<i>Page in Report:</i>	112
<i>Reported in:</i>	Andrews, F.M. & Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA		
<i>Population:</i>	18+ aged, general public, non-institutionalized, USA, 1973/7		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	222		

Measured Correlate

Class: Satisfaction with amount of sleep Code: S 4.3.1

Measurement: Closed question: "How do you feel about the sleep you get?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sqrt/v/7/a	r=+.24	

Appendix 1 **Queries on Happiness used in reported Studies**

Happiness Query Code *Full Text*

A-ARE/md/sqr/v/10/a Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling).

"On the average, how happy or unhappy did you feel today....?"

- 1 Extremely unhappy. Utterly depressed. Completely down.
- 2 Very unhappy. Depressed. Spirits very low.
- 3 Pretty unhappy. Somewhat 'blue'. Spirits down.
- 4 Mildly unhappy. Just a little low.
- 5 Barely unhappy. Just this side of neutral.
- 6 Barely happy. Just this side of neutral.
- 7 Mildly happy. Feeling fairly good and somewhat cheerful.
- 8 Pretty happy. Spirits high. Feeling good.
- 9 Very happy. Feeling really good. Elated.
- 10 Extremely happy. Feeling ecstatic, joyous, fantastic.

A-ARE/md/sqr/v/10/b

Name: Wessman & Ricks' `Elation - Depression Scale" (adapted version)

Selfreport on single question, answered every evening before retiring during six weeks (experience sampling)

"On average; how elated or depressed, happy or unhappy you felt today....?"

- 10 Complete elation, rapturous joy and soaring ecstasy
- 9 Very elated and in very high spirits. Tremendous delight and buyoancy
- 8 Elated and in high spirits
- 7 Feeling very good and cheerfull
- 6 Feeling pretty good , "OK"
- 5 Feeling a little bit low. Just so-so
- 4 Spirits low and somewhat 'blue'
- 3 Depressed and feeling very low. Definitely 'blue'
- 2 Tremendously depressed. Feeling terrible, really miserable, "just awful"
- 1 Utter depression and gloom. Completely down. All is black and leaden. Wish it were all over.

M-FH/u/sq/ol/9/a

Name: Wesssman & Ricks' `Elation - depression scale'

Selfreport on single question:

"Place a cross on the line on the place you estimate to be what corresponds best with your state".

- 1 | | don't feel very well in my skin
- 2 |
- 3 |
- 4 |
- 5 | | don't feel too well in my skin
- 6 |
- 7 |

8 |
9 | I feel very well in my skin

Scoring: rated on open horizontal line scale divided afterwards in 9 sections.

In French:

"Placez une croix, sur chaque ligne, a l'endroit que vous estimez être celui qui correspond mieux a votre etat, par rapport aux definitions proposées.

a | Je ne me sens pas très bien dans ma peau
b |
c |
d |
e | Je me sens assez bien dans ma peau
f |
g |
h |
i | Je me sens très bien dans ma peau

O-BW/c/sq/l/11/b

Selfreport on single question:

"Above you see a numbered ladder. Consider the top of the ladder as the best possible life and the bottom of the ladder as the worst possible life.

A Please place an X where you feel you are now.

B Place an Y at the point where you were five years ago.

C Please place a Z at the point that you feel you will be at five years from now.

[10] best possible life

[9]

[8]

[7]

[6]

[5]

[4]

[3]

[2]

[1]

[0] worst possible life

Question A is the case question.

Name: Cantril's selfanchoring ladder rating of life (modified version)

O-DT/u/sq/v/7/a

Selfreport on single question, asked twice in interview:

"How do you feel about your life as a whole.....?"

7 delighted

6 pleased

5 mostly satisfied

4 mixed

3 mostly dissatisfied

2 unhappy

1 terrible

Summation: arithmetic mean

O-HL/u/sq/ol/9/a Name: Andrews & Withey's "Delighted-Terrible Scale" (original version)
Selfreport on single question:

"Place a cross, on each line, on the place you estimate to be that which corresponds best with your state"

1 | I am not very happy
2 |
3 |
4 |
5 | I am not too happy
6 |
7 |
8 |
9 | I am quite happy

Scoring: rated on an open horizontal line scale, divided afterwards in 9 sections.

In French:

"Placez une croix, sur chaque ligne, a l'endroit que vous estimez être celui qui correspond le mieux a votre état, par rapport aux definitions proposées"

a | je ne suis pas tout à fait heureux
b |
c |
d |
e | je suis tout à fait heureux
f |
g |
h |
i | je suis très heureux

O-HP/g/sq/ol/7/a Selfreport on single question:

"Generally speaking are you a happy person.....?"

Responses were made on an open line scale, and were later coded in 7 categories:

1 very unhappy
2
3
4
5
6
7 very happy.

Original text in Dutch:

"Bent u over het algemeen een gelukkig mens?"

a zeer ongelukkig
b
c
d

O-SP/u/sq/ol/9/a

e
f
g zeer gelukkig
Selfreport on single question:

"Place a cross on the line below, on the spot you estimate that corresponds best with your state."

1 | I am not very satisfied
2 |
3 |
4 |
5 | I am not too satisfied
6 |
7 |
8 |
9 | I am very satisfied

Scoring: rated on an open horizontal line scale divided afterwards in 9 sections.

In French:

"Placer une croix, sur chaque ligne, a 'endroit que vous estimez etre celui qui correspond le mieux a votre etat, par rapport aux definitions proposees."

a | Je ne suis pas tout a fait satisfait
b |
c |
d |
e | Je ne suis pas tres satisfait
f |
g |
h |
i | Je suis tout a fait satisfait

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.

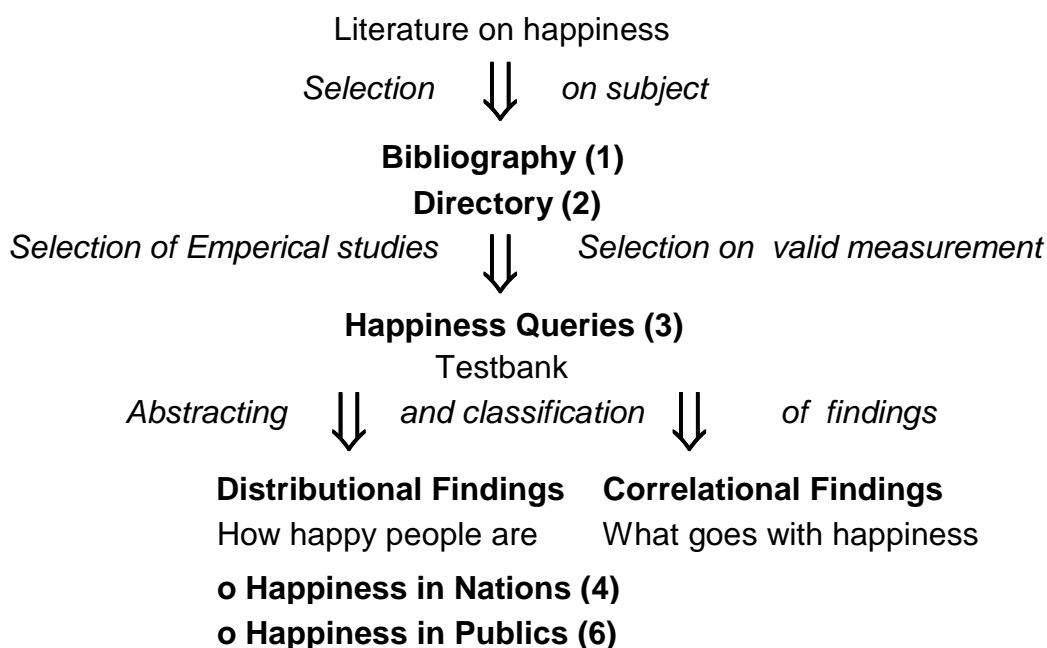
Appendix 2 *Statistics used in reported studies*

<i>Symbol</i>	<i>Explanation</i>
DM	<p>DIFFERENCE of MEANS Type: descriptive statistic only. Measurement level: Correlate: dichotomous, Happiness: metric Range: depending on the happiness rating scale of the author; range symmetric about zero.</p> <p>Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.</p>
E ²	<p>CORRELATION RATIO (Elsewhere sometimes called h² or ETA) Type: test statistic Measurement level: Correlate: nominal or ordinal, Happiness: metric Range: [0; 1]</p> <p>Meaning: correlate is accountable for E² x 100 % of the variation in happiness. E² = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating. E² = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating</p>
G	<p>GOODMAN & Kruskal's GAMMA Type: test statistic Measurement level: Correlate: ordinal, Happiness!: ordinal Range: [-1; +1]</p> <p>Meaning: G = 0 « no rank correlation G = +1 « strongest possible rank correlation, where high correlate values correspond with high happiness ratings. G = -1 « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</p>
r	<p>PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient') Type: test statistic. Measurement level: Correlate: metric, Happiness: metric Range: [-1; +1]</p> <p>Meaning: r = 0 « no correlation , r = 1 « perfect correlation, where high correlate values correspond with high happiness values, and r = -1 « perfect correlation, where high correlate values correspond with low happiness values.</p>

On the web you will find a text explaining the statistics used in more detail. Go to: www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm. This is the introductory text to the Catalog of Correlational Findings. An overview of all statistics is in chapter 4.

Appendix 3: About the World Database of Happiness

The World Database of Happiness is an ongoing register of scientific research on subjective appreciation of life. It brings together findings that are scattered throughout many studies and provides a basis for synthetic analysis. The research literature is processed as follows:



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- 1 **BIBLIOGRAPHY OF HAPPINESS** Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.
 - 2 **DIRECTORY OF INVESTIGATORS** Names and addresses of most authors on the subject. Enumerates years of publication. Current contents: 5818 names and 3073 addresses. Part of Bibliography.
 - 3 **CATALOG OF HAPPINESS QUERIES (testbank)** Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Queries are classified by focus, time reference, mode of observation, rating and wording.
 - 4 **CATALOG OF HAPPINESS IN NATIONS** Presents distributional research findings, in particular responses to questions on happiness in national survey studies. Allows comparison across time and nations. Current content: 1889 surveys in 112 nations, 1946-2000.
 - 5 **CATALOG OF HAPPINESS IN PUBLICS** Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 705 studies. Part of Catalog of Correlational Findings.
 - 6 **CATALOG OF CORRELATIONAL FINDINGS** Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 7476 findings from 705 studies in 140 nations, 1911-2000.

Appendix 4 Further Findings in the World Database of Happiness

<i>Main Category's</i>	<i>Category Name</i>	<i>Number of Studies in this Category</i>
A 1	ACTIVITY LEVEL (how much one does)	53
A 2	ACTIVITY PATTERN (what one does)	7
A 3	AFFECTIVE LIFE	31
A 4	AGE	279
A 5	AGGRESSION	11
A 6	ANOMY	30
A 7	APPEARANCE (good looks)	8
A 8	ATTITUDES	4
A 9	AUTHORITARIANISM	4
B 3	BODY	66
C 1	CHILDREN 1:	4
C 10	CREATIVENESS	6
C 11	CULTURE (Arts and Sciences)	6
C 2	CHILDREN: WANT FOR (Parental aspirations)	6
C 3	CHILDREN: HAVING (parental status)	145
C 4	CHILDREN's CHARACTERISTICS	19
C 5	CHILDREN: RELATION WITH	8
C 6	CHILDREN: REARING (parental behavior)	11
C 7	COMMUNAL LIVING	1
C 8	CONCERNS	15
C 9	COPING	27
D 1	DAILY JOYS & HASSLES	4
E 1	EDUCATION	243
E 2	EMPLOYMENT	180
E 3	ETHNICITY	63
E 4	EXPRESSIVE BEHAVIOR	10
F 1	FAMILY OF ORIGIN (earlier family for adults, current for young)	195
F 2	FAMILY OF PROCREATION	42
F 3	FAMILY OF RELATIVES	145
F 4	FARMING	30
F 5	FREEDOM	24
F 6	FRIENDSHIP	123
G 1	GENDER	252
G 2	GRIEF	1
H 10	HOPE	3
H 11	HOUSEHOLD: COMPOSITION	90
H 12	HOUSEHOLD: WORK	10
H 13	HOUSING	75
H 2	HANDICAP	13

H 3	HAPPINESS: ATTITUDES	39
H 5	HAPPINESS CAREER	144
H 6	HAPPINESS: CURRENT LEVEL	260
H 8	HEALTH-BEHAVIOR	15
H 9	HELPING	4
I 1	INCOME	415
I 2	INSTITUTIONAL LIVING	28
I 3	INTELLIGENCE	63
I 4	INTERESTS	5
I 5	INTERVIEW	49
I 6	INTIMACY	70
L 1	LANGUAGE	1
L 10	LOCAL ENVIRONMENT	270
L 11	LOTTERY	7
L 12	LOVE-LIFE	26
L 2	LEADERSHIP	8
L 3	LEISURE	128
L 4	LIFE APPRAISALS: OTHER THAN HAPPINESS4	290
L 5	LIFE-CHANGE	26
L 6	LIFE-EVENTS	63
L 7	LIFE-GOALS	52
L 8	LIFE HISTORY	1
L 9	LIFE STYLE	4
M 1	MARRIAGE: MARITAL STATUS CAREER	32
M 10	MIGRATION: MIGRANT WORK	3
M 11	MILITARY LIFE	5
M 12	MODERNITY	5
M 13	MOOD	181
M 2	MARRIAGE: CURRENT MARITAL STATUS	315
M 3	MARRIAGE: RELATIONSHIP	99
M 4	MARRIAGE: PARTNER	34
M 5	MEANING	18
M 6	MEDICAL TREATMENT	49
M 7	MENTAL HEALTH	99
M 8	MIGRATION: OTHER COUNTRY	9
M 9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
N 1	NATIONALITY	5
N 2	NATION: TIME & PLACE	20
N 3	NATIONAL CHARACTER (modal personality)	2
N 4	NATION'S CONDITION	52
N 6	ATTITUDES TO THE NATION	111
N 7	LIVABILITY OF THE NATION	5
N 8	NUTRITION	18
O 1	OCCUPATION	133

O 2	ORGAN TRANSPLANTATION	11
P 1	PERSONALITY: HISTORY	44
P 10	POSSESSIONS	26
P 12	PROBLEMS	20
P 13	PSYCHO-SOMATIC COMPLAINTS	53
P 2	PERSONALITY: CHANGE	7
P 3	PERSONALITY: CURRENT ORGANIZATION	7
P 4	PERSONALITY: CURRENT TRAITS	392
P 5	PERSONALITY: LATER	23
P 6	PHYSICAL HEALTH	286
P 7	PLANNING	7
P 8	POLITICS	197
P 9	POPULARITY	22
R 1	RELIGION	198
R 2	RESOURCES	8
R 3	RETIREMENT	46
R 4	ROLES	13
S 1	SCHOOL	92
S 10	SOCIAL SUPPORT: RECEIVED	26
S 11	SOCIAL SUPPORT: Provided	3
S 12	SPORTS	32
S 13	STIMULANTS	33
S 14	SUICIDE	4
S 15	SUMMED EFFECTS ON HAPPINESS	71
S 2	SELF-IMAGE	193
S 3	SEX-LIFE	54
S 4	SLEEP	10
S 5	SOCIAL MOBILITY	16
S 6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	50
S 7	SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS	111
S 8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	25
S 9	SOCIAL STATUS (Socio-Economic Status)	140
T 1	TIME	27
T 2	THERAPY	9
T 3	TOLERANCE	37
V 1	VALUE CAREER	8
V 2	VALUES: CURRENT PREFERENCES (own)	49
V 3	VALUES: CLIMATE (current values in environment)	4
V 4	VALUES: SIMILARITY (current fit with others)	5
V 5	VICTIM	11
W 1	WAR	5
W 2	WORK CAREER	1
W 3	WORK CONDITIONS	34
W 4	WORK-ATTITUDES	313

W 5	WORK-PERFORMANCE (current)	6
W 6	WORRIES	27
X	UNCLASSIFIED	22

Appendix 5 Related Topics

This Topic*Classification Page 1****Related Topics****In Subject List on Appendix 4*

S 4	SLEEP		
S 4.1	Sleep career		
S 4.1.1	Earlier sleep		
S 4.1.2	Change in sleep		
S 4.1.3	Later sleep		
S 4.2	Current sleep-pattern	P 12.2	Current problems
S 4.2.1	Amount of sleep	A 2.2	Current activity pattern
S 4.2.2	Quality of sleep	P 6.2.3.1	. fatigue
		M 13.3.4	Feeling energetic (vs lethargic, tired)
S 4.3	Attitudes to sleep		
S 4.3.1	Satisfaction with amount of sleep		

End of Report