

CAIR Pandemic Impact Questionnaire (C-PIQ)*

For each of the items below, please check the boxes to indicate whether it has happened to you personally or to someone close to you IN THE PAST TWO WEEKS.

Please respond to the following questions about the way that the COVID-19 pandemic has affected you IN THE PAST TWO WEEKS.

- 1. ... how much has your sleep been worsened by the pandemic on the average night?**
 - a. No loss of sleep (0)
 - b. <1 hour less sleep (1)
 - c. 1-3 hours less sleep (2)
 - d. >3 hours less sleep (3)