

THAT

This questionnaire tries to establish how alert you feel. In reporting your feeling, we would like you to consider your last week. Use the following scale to check () one response for each question.

这张问卷主要调查你的警觉性。在填表时，请考虑上一周的感觉。在每一问题后的最能描述你的反应的格中打勾。

| During the last week I felt: 上一周我感到: | Not at all 根本不 0 | Less than ¼ of the time 少于 1/4 时间 1 | ¼ to ½ of the time ¼至 1/2 时间 2 | ½ to ¾ of the time ½至 3/4 时间 3 | More than ¾ of the time 多余 3/4 时间 4 | All the time I was awake 所有我清醒时 5 |
|--|--|---|--|--|---|---|
| Able to concentrate 能够集中注意力 | | | | | | |
| Alert 有警觉性 | | | | | | |
| Fresh 精神饱满 | | | | | | |
| Energetic 精力充沛 | | | | | | |
| Able to think of new ideas 能够想出新主意 | | | | | | |
| Vision was clear noting all details (e.g., driving) 视力清晰，能够注意到所有细节 (例如：开车) | | | | | | |
| Able to focus on the task at hand | | | | | | |

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|---|--|--|--|--|--|--|
| 能够专心于在手的任务 | | | | | | |
| Mental facilities were operating at peak level 脑力机能达高峰 | | | | | | |
| Extra effort was needed to maintain alertness 需要努力去维持警觉状态 | | | | | | |
| In a boring situation, I would find my mind wondering 在无聊时，我会发现自己会走神 | | | | | | |