We are interested in learning about the body clock (circadian clock) of people from all the different ethnic and racial backgrounds. In order to make sure we have people from a variety of different ethnic and racial groups, we need to ask you some questions about your background. We will also be asking questions about the race/ethnicity of your parents and grandparents. Feel free to call your relatives for help. If necessary, you will be able to take this form home to get more information.

1. Where were you born?
   A. City __________________________________________ Don’t know ________
   B. State _________________________________________ Don’t know ________
   C. Country _______________________________________ Don’t know ________

2. Please put check marks by your race/ethnicity (check **ALL** that apply).
   Please circle the word or words in the descriptions below if they led you to choose any of the categories.

   A. WHITE ______
      A person whose family and ancestors came from Europe, the Middle East or North Africa.

   B. BLACK OR AFRICAN AMERICAN ______
      A person whose family and ancestors belonged to any of the black racial groups of Africa.

   C. ASIAN ______
      A person whose family and ancestors came from the Far East, Southeast Asia, or the Indian subcontinent, including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam.

   D. HISPANIC OR LATINO ______
      A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of “race.”

   E. EUROPEAN ______
      A person whose family and ancestors came from Britain, Ireland, France, Spain, Sweden, Germany, Poland, Russia, Yugoslavia, Romania, Lithuania, etc.

   F. MIDDLE EASTERN ______
      A person whose family and ancestors came from Saudi Arabia, Iraq, Iran, Turkey, Syria, Jordan, Lebanon, Israel, etc. Also those who consider themselves Arabian, Persian, etc.

(SEE MORE CATEGORIES ON THE NEXT PAGE)
G. FAR EAST ASIAN ____________
   A person whose family and ancestors came from China, Japan, Korea, Hong Kong, Taiwan, etc.

H. SOUTHEAST ASIAN ____________
   A person whose family and ancestors came from Indonesia, Thailand, Cambodia, Malaysia, the Philippines, Singapore, Laos, Vietnam, Burma (Myanmar), etc.

I. INDIAN SUBCONTINENT ____________
   A person whose family and ancestors came from India, Afghanistan, Pakistan, Bangladesh, Nepal, Sri Lanka, etc.

J. NORTH AFRICAN ______
   A person whose family and ancestors came from Algeria, Morocco, Egypt, Libya, Tunisia, etc.

K. AFRO-CARIBBEAN ______
   A person whose family and ancestors came from Jamaica, Haiti, the Dominican Republic, etc. Also, those who consider themselves Creole.

L. AMERICAN INDIAN OR ALASKA NATIVE ______
   A person whose family and ancestors came from North, Central, or South America.

M. NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER ______
   A person whose family and ancestors came from Hawaii, Guam, Samoa, or other Pacific Islands.

N. OTHER ____________
   If possible please elaborate. If you think there are additional or better terms to describe your race/ethnicity please add them here.

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

O. DON’T KNOW ________________

On the next pages please fill in as much as you can about your blood relatives.

IF YOU ARE ADOPTED and do not know anything about your biological parents check here and skip the rest of this form. ________________
YOUR BIOLOGICAL MOTHER

1. Please fill in her place of birth.

A. City __________________________________________ Don’t know _________
B. State _________________________________________ Don’t know _________
C. Country _______________________________________ Don’t know _________

2. Please put check marks for her race/ethnicity (check ALL that apply).

Look back at the first 2 pages for definitions. Please choose all of the words from those definitions that apply to her and write them below.

A. WHITE ___________________________________________________________
B. BLACK OR AFRICAN AMERICAN _____________________________________
C. ASIAN ___________________________________________________________
D. HISPANIC OR LATINO ______________________________________________
E. EUROPEAN _______________________________________________________
F. MIDDLE EASTERN _________________________________________________
G. FAR EAST ASIAN ___________________________________________________
H. SOUTHEAST ASIAN _______________________________________________
I. INDIAN SUBCONTINENT ____________________________________________
J. NORTH AFRICAN ___________________________________________________
K. AFRO-CARIBBEAN _________________________________________________
L. AMERICAN INDIAN OR ALASKA NATIVE _______________________________
M. NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER _____________________
N. OTHER________________
   If possible please elaborate. If you think there are additional or better terms to describe her race/ethnicity please add them here.
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
O. DON’T KNOW _____________
YOUR BIOLOGICAL FATHER

1. Please fill in his place of birth.

A. City __________________________________________ Don’t know _________
B. State _________________________________________ Don’t know _________
C. Country _______________________________________ Don’t know _________

2. Please put check marks for his race/ethnicity (check **ALL** that apply).
   Look back at the first 2 pages for definitions. Please choose all of the words from
   those definitions that apply to him and write them below.

A. WHITE _____________________________________________________________
B. BLACK OR AFRICAN AMERICAN _______________________________________
C. ASIAN _____________________________________________________________
D. HISPANIC OR LATINO ______________________________________________
E. EUROPEAN _________________________________________________________
F. MIDDLE EASTERN ___________________________________________________
G. FAR EAST ASIAN ____________________________________________________
H. SOUTHEAST ASIAN __________________________________________________
I. INDIAN SUBCONTINENT _____________________________________________
J. NORTH AFRICAN _____________________________________________________
K. AFRO-CARIBBEAN ___________________________________________________
L. AMERICAN INDIAN OR ALASKA NATIVE _________________________________
M. NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER _______________________
N. OTHER__________
   If possible please elaborate. If you think there are additional or better terms to
   describe his race/ethnicity please add them here.
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
O. DON’T KNOW ____________
YOUR GRANDMOTHER ON YOUR MOTHER’S SIDE
(YOUR MOTHER’S BIOLOGICAL MOTHER)

1. Please fill in her place of birth.
   A. City ______________________________ Don’t know _________
   B. State ______________________________ Don’t know _________
   C. Country ___________________________ Don’t know _________

2. Please put check marks for her race/ethnicity (check ALL that apply).
   Look back at the first 2 pages for definitions. Please choose all of the words from those definitions that apply to her and write them below.

   A. WHITE _________________________________
   B. BLACK OR AFRICAN AMERICAN ________________
   C. ASIAN _________________________________
   D. HISPANIC OR LATINO ______________________
   E. EUROPEAN ______________________________
   F. MIDDLE EASTERN _________________________
   G. FAR EAST ASIAN _________________________
   H. SOUTHEAST ASIAN _______________________
   I. INDIAN SUBCONTINENT ______________________
   J. NORTH AFRICAN __________________________
   K. AFRO-CARIBBEAN __________________________
   L. AMERICAN INDIAN OR ALASKA NATIVE ____________
   M. NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER ____________
   N. OTHER__________________________
      If possible please elaborate. If you think there are additional or better terms to describe her race/ethnicity please add them here.

   ____________________________________________
   ____________________________________________
   ____________________________________________

   O. DON’T KNOW _________________
YOUR GRANDFATHER ON YOUR MOTHER’S SIDE
(YOUR MOTHER’S BIOLOGICAL FATHER)

1. Please fill in his place of birth.
A. City __________________________________________ Don’t know _________
B. State _________________________________________ Don’t know _________
C. Country _______________________________________ Don’t know _________

2. Please put check marks for his race/ethnicity (check ALL that apply).
   Look back at the first 2 pages for definitions. Please choose all of the words from
   those definitions that apply to him and write them below.
A. WHITE _____________________________________________________________
B. BLACK OR AFRICAN AMERICAN _______________________________________
C. ASIAN _____________________________________________________________
D. HISPANIC OR LATINO ________________________________________________
E. EUROPEAN _________________________________________________________
F. MIDDLE EASTERN ___________________________________________________
G. FAR EAST ASIAN ____________________________________________________
H. SOUTHEAST ASIAN _________________________________________________
I. INDIAN SUBCONTINENT _____________________________________________
J. NORTH AFRICAN _____________________________________________________
K. AFRO-CARIBBEAN ___________________________________________________
L. AMERICAN INDIAN OR ALASKA NATIVE _______________________________
M. NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER _______________________ 
N. OTHER____________
   If possible please elaborate. If you think there are additional or better terms to
describe his race/ethnicity please add them here.

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

O. DON’T KNOW ______________
YOUR GRANDMOTHER ON YOUR FATHER’S SIDE
(YOUR FATHER’S BIOLOGICAL MOTHER)

1. Please fill in her place of birth.
   A. City __________________________________________ Don’t know _________
   B. State _________________________________________ Don’t know _________
   C. Country _______________________________________ Don’t know _________

2. Please put check marks for her race/ethnicity (check ALL that apply).
   Look back at the first 2 pages for definitions. Please choose all of the words from
   those definitions that apply to her and write them below.
   A. WHITE _____________________________________________________________
   B. BLACK OR AFRICAN AMERICAN _______________________________________
   C. ASIAN _____________________________________________________________
   D. HISPANIC OR LATINO ________________________________________________
   E. EUROPEAN _________________________________________________________
   F. MIDDLE EASTERN ___________________________________________________
   G. FAR EAST ASIAN ____________________________________________________
   H. SOUTHEAST ASIAN _________________________________________________
   I. INDIAN SUBCONTINENT _____________________________________________
   J. NORTH AFRICAN ____________________________________________________
   K. AFRO-CARIBBEAN __________________________________________________
   L. AMERICAN INDIAN OR ALASKA NATIVE _________________________________
   M. NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER ______________________
   N. OTHER____________
       If possible please elaborate. If you think there are additional or better terms to
       describe her race/ethnicity please add them here.
       _________________________________________________________________
       _________________________________________________________________
       _________________________________________________________________
   O. DON’T KNOW ________________
YOUR GRANDFATHER ON YOUR FATHER’S SIDE
(YOUR FATHER’S BIOLOGICAL FATHER)

1. Please fill in his place of birth.
   A. City __________________________________________ Don’t know _________
   B. State _________________________________________ Don’t know _________
   C. Country _______________________________________ Don’t know _________

2. Please put check marks for his race/ethnicity (check ALL that apply).
   Look back at the first 2 pages for definitions. Please choose all of the words from
   those definitions that apply to him and write them below.
   A. WHITE _____________________________________________________________
   B. BLACK OR AFRICAN AMERICAN _______________________________________
   C. ASIAN _____________________________________________________________
   D. HISPANIC OR LATINO ________________________________________________
   E. EUROPEAN _________________________________________________________
   F. MIDDLE EASTERN ___________________________________________________
   G. FAR EAST ASIAN ____________________________________________________
   H. SOUTHEAST ASIAN __________________________________________________
   I. INDIAN SUBCONTINENT ______________________________________________
   J. NORTH AFRICAN _____________________________________________________
   K. AFRO-CARIBBEAN ____________________________________________________
   L. AMERICAN INDIAN OR ALASKA NATIVE _________________________________
   M. NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER _______________________
   N. OTHER____________
       If possible please elaborate. If you think there are additional or better terms to
       describe his race/ethnicity please add them here.
       ____________________________________________________________________
       ____________________________________________________________________
       ____________________________________________________________________
   O. DON’T KNOW ________________