Louis Ptáček's Photic Sneeze Reflex Questionnaire

If there are any questions you don't know the answer to, don't worry – just fill in what you can. And if you'd
rather fill the survey in anonymously, that's fine too – but I might like to get back to you if you exhibit any
particularly interesting sneezing traits!

Name:

Birth date:

Email:

1. You've been in a dark area for two hours or more, and suddenly enter bright light – for example bright sunlight after being indoors. Do you sneeze...

Always Usually Sometimes Never

2. What happens when the light you enter is only moderate? Do you sneeze...

Always Usually Sometimes Never

3. And what about entering dim light after being in a dark area? Do you sneeze...

Always Usually Sometimes Never

- 4. How quickly do you sneeze when you enter bright light?
  Instantly (within 10 seconds) After 10 seconds After 1 minute After 5 minutes
- 5. You have been asleep in a dark room. You wake up and walk outside and it's a bright and sunny day. Do you have the same sneeze response?
- 6. You've been in bright sunlight, and then you go back into a darker area. Five minutes later, you go back into the sunlight. Do you sneeze?
- 7. The same thing happens, but now you re-enter sunlight 30 minutes later. Do you still sneeze?
- 8. When you sneeze in response to sunlight, how many times do you do sneeze?
- 9. How much time elapses between each sneeze?

Less than 10 seconds 10 seconds – 1 minute 1-5 minutes More than minutes

10. How loudly do you sneeze compared with your normal sneeze?

Normal Loud Very loud Extremely loud

- 11. At what age did you first notice you sneezed in sunlight?
- 12. Has the number of sneezes increased or decreased as you have got older?

Occurs more often Occurs less often No difference

- a. Explain changes:
- 13. Is it just sunlight that makes you sneeze, or do other light stimuli, such as car headlights or artificial lights, make you sneeze?

Yes No

- a. List other light stimuli that make you sneeze:
- 14. If you feel like you have to sneeze, but can't, does looking at a light help you sneeze?
- 15. Is there any other odd stimulus other than light that can make you sneeze?
- 16. Do any smells make you more likely to sneeze?

Yes No

- a. Which smells?
- 17. Do you have any eye problems? If yes, please explain.
- 18. Do you have any episodic disorders such as epilepsy or migraine headaches?

Yes No

- a. What episodic disorders are they:
- 19. Have you ever had a seizure (eg. febrile seizures)?
- 20. Are you on any medications? Yes No
- a. Which medications:
- 21. The following are questions about your family:

How many siblings does your mother have?

How many of your mother's siblings sneeze in response to sunlight?

How many siblings does your father have?

How many of your father's siblings sneeze in response to sunlight?

How many siblings do you have?

How many of your siblings sneeze in response to sunlight?

Thanks for completing the questionnaire! Now please e-mail it to ucsfsneezesurvey@googlemail.com

Alternatively, you can mail it to

New Scientist-UCSF Photic Sneeze Survey c/o Louis Ptacek UCSF 1550 4th Street, Ste. 548A, San Francisco, CA 94158, USA