

Adolescent Sleep Questionnaire

Grade: 9th 10th 11th 12th **Gender:** Male Female Other (Please specify) _____

Thank you for helping us!

THIS SURVEY IS OPTIONAL AND ONLY FOR EDUCATIONAL PURPOSES. We are hoping to learn about the sleep habits of students in grades 9 - 12.

Please answer the following questions about your sleep and sleep habits.
There are no right or wrong answers.

On school days (Sunday-Thursday night):

1. a. What is your typical bedtime on a school night?

bedtime_____

b. What is your typical waketime on a school day?

waketime_____

2. How much trouble do you have falling asleep on a school night?

None A little Some A lot A whole lot

3. How much trouble do you have staying asleep on a school night?

None A little Some A lot A whole lot

4. How many hours of actual sleep, on average, do you get on a school night? _____

5. How often do you fall asleep in class?

Never Rarely Sometimes Often Every day
(0 times per month) (Less than 3 times per month) (1-2 times per week) (3-4 times per week) (5 times per week)

6. How often do you feel wide-awake throughout the school day?

Never Rarely Sometimes Often Every day
(0 times per month) (Less than 3 times per month) (1-2 times per week) (3-4 times per week) (5 times per week)

7. How often do you feel like you get enough sleep on a school night?

Never (0 times per month) Rarely (Less than 3 times per month) Sometimes (1-2 times per week) Often (3-4 times per week) Every day (5 times per week)

8. How often does homework or an extra-curricular activity delay your bedtime on a school night?

Never (0 times per month) Rarely (Less than 3 times per month) Sometimes (1-2 times per week) Often (3-4 times per week) Every day (5 times per week)

9. Do you ever do any of the following to help you fall asleep on a school night?

- Listen to music
- Wear a sleep mask
- Use a blue-light filter on your electronics
- Wear blue light-blocking glasses
- None
- Other _____

10. How often do you drink caffeinated or “energy” beverages after 1:00 p.m. on a school day?

Never (0 times per month) Rarely (Less than 3 times per month) Sometimes (1-2 times per week) Often (3-4 times per week) Every day (5 times per week)

11. How often do you drink caffeinated or “energy” beverages to stay awake on a school night?

Never (0 times per month) Rarely (Less than 3 times per month) Sometimes (1-2 times per week) Often (3-4 times per week) Every day (5 times per week)

12. How often do you use a computer, tablet, cell phone or other electronic screen within two hours of bedtime on a school night:

Never (0 times per month) Rarely (Less than 3 times per month) Sometimes (1-2 times per week) Often (3-4 times per week) Every day (5 times per week)

On days off (weekends [Friday and Saturday night], vacation days, etc.):

13a. What is your typical bedtime on a night off?

bedtime_____

13b. What is your typical waketime on a day off?

waketime_____

14. How much trouble do you have falling asleep on a night off?

None A little Some A lot A whole lot

15. How much trouble do you have staying asleep on a night off?

None A little Some A lot A whole lot

16. How many hours of actual sleep do you get on a night off? _____

17. How often do you feel like you get enough sleep on a night off?

Never Rarely Sometimes Often Every Day

18. How often does homework or an extra-curricular activity delay your bedtime on a night off?

Never Rarely Sometimes Often Every Day

19. Do you ever do any of the following to help you fall asleep on a night off?

- Listen to music
- Wear a sleep mask
- Use a blue-light filter on your electronics
- Wear blue light-blocking glasses
- None
- Other _____

20. How often do you drink caffeinated or “energy” beverages after 1:00 p.m. on a night off?

Never Rarely Sometimes Often Every day

21. How often do you drink caffeinated or “energy” beverages to stay awake on a night off?

Never Rarely Sometimes Often Every day

22. How often do you use a computer, tablet, cell phone or other electronic screen within two hours of bedtime on a night off?

Never Rarely Sometimes Often Every day

Thank You!