Teen Sleep Habits Survey

**SURVEY INSTRUCTIONS**
Please answer the questions on the following pages as accurately and honestly as you can. This survey is anonymous, and there is no way to identify any individual respondent. The answers will be reported only by grade level and school. There are no right or wrong answers. You can skip any question that you do not understand or choose not to answer. Do not spend too much time on any one answer. Your first impression is usually best.

**MARKING INSTRUCTIONS**
- Use a No. 2 pencil or a blue or black ink pen only.
- Do not use pens with ink that soaks through the paper.
- Make solid marks that fill the response completely.
- Make no stray marks on this form.

**CORRECT:** ✡
**INCORRECT:** ✗ ✂

1. What time do you usually go to bed on school days? List one time, not a range. ___________ p.m./a.m.

2. There are many reasons for doing things at one time or another. What is the main reason you usually go to bed at this time on school days? (Mark only one)
- My parents have set my bedtime
- I feel sleepy
- I have finished my homework
- My TV shows are over
- I have finished socializing (texting, phone calls, etc.)
- I got home from my job
- Other ___________.

3. On school days, after you go to bed at night, about how long does it usually take you to fall asleep?
- Less than 10 minutes
- 10-20 minutes
- More than 20 minutes

4. What time do you usually wake up on school days? List one time, not a range. ___________ a.m./p.m.

5. What is the main reason you usually wake up at this time on school days? (Mark only one)
- Noises or my pets wake me up
- My alarm clock wakes me up
- My parents or other family members wake me up
- I need to go to the bathroom
- I don't know, I just wake up
- Other ___________.

6. What time do you usually leave home on school days? ___________ a.m.

7. How do you usually get to school?
- Walk/ride a bike
- Take the bus
- Get a ride with family member
- Get a ride with friend(s)
- Drive my car

8. What time do you usually go to bed on weekends? ___________ p.m./a.m.

9. There are many reasons for doing things at one time or another. What is the main reason you usually go to bed at this time on weekends? (Mark only one)
- My parents have set my bedtime
- I feel sleepy
- I have finished my homework
- My TV shows are over
- I have finished socializing (texting, phone calls, etc.)
- I got home from my job
- Other ___________.

10. On weekends, after you go to bed at night, about how long does it usually take you to fall asleep?
- Less than 10 minutes
- 10-20 minutes
- More than 20 minutes

11. What time do you usually wake up on weekends? List one time, not a range. ___________ a.m./p.m.

12. What is the main reason you usually wake up at this time on weekends? (Mark only one)
- Noises or my pets wake me up
- My alarm clock wakes me up
- My parents or other family members wake me up
- I need to go to the bathroom
- I don't know, I just wake up
- Other ___________

13. Some people wake up during the night, others never do. How many times do you usually wake up during the night?
- Never
- Once
- 2 or 3 times
- More than 3 times
- I have no idea

14. People sometimes feel sleepy during the daytime. During your daytime activities, how much of a problem do you have with sleepiness (feeling sleepy, struggling to stay awake)?
- No problem at all
- A little problem
- More than a little problem
- A big problem
- A very big problem
15. How often do you nap on school days?
- Never
- Only when I am sick
- Sometimes
- Every day

16. How often do you nap on weekend days?
- Never
- Only when I am sick
- Sometimes
- Every day

17. How much sleep do you need? Fill out below how much sleep you think you would need each night to feel your best every day. (Remember to mark hours and minutes, even if the minutes are zero.)

<table>
<thead>
<tr>
<th>hours</th>
<th>minutes</th>
</tr>
</thead>
</table>

18. In general, do you feel you usually get:
- Too much sleep
- Enough sleep
- Too little sleep

19. Do you consider yourself to be a:
- Good sleeper
- Poor sleeper

20. How often do you think you get enough sleep during the school week?
- Never
- Rarely
- Sometimes
- Usually
- Always

21. How often do you think you get enough sleep on the weekend?
- Never
- Rarely
- Sometimes
- Usually
- Always

22. During the last two weeks, have you struggled to stay awake (fought sleep) or fallen asleep in the following situations? (Mark one answer for every item.)

<table>
<thead>
<tr>
<th>Situation</th>
<th>No</th>
<th>Struggled to stay awake</th>
<th>Fallen asleep</th>
<th>Both struggled to stay awake and fallen asleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a class at school</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>While doing homework on the computer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reading, studying or doing homework</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>While taking a test</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Traveling in a bus, train, plane or car</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attending a performance (movie, concert, play)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watching television or listening to music</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Playing video games</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Driving a car</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In a face-to-face conversation with another person</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

23. During the last two weeks, how often have you done the following? (Mark one answer for every item.)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Never</th>
<th>Once or twice a week</th>
<th>Once a day</th>
<th>Several times a day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drank a beverage with caffeine (Coke, Pepsi, Monster, Mountain Dew, Red Bull)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drank coffee or tea with caffeine</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Used tobacco (cigarettes, cigar, chewing tobacco, etc.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drank alcohol</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Used drugs</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

24. In the last two weeks, how often have you done the following? (Mark one answer for every item.)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Never</th>
<th>Once</th>
<th>Twice</th>
<th>Several Times</th>
<th>Every day/night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrived late to class because you overslept</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fallen asleep in a morning class</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fallen asleep in an afternoon class</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Awakened too early in the morning and couldn’t get back to sleep</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stayed up until 3 a.m. or later</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slept later than noon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Felt tired, dragged out, or sleepy during the day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Needed to be told more than once to get up in the morning</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had an extremely hard time falling asleep</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had nightmares or bad dreams during the night</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gone to bed because you could not stay awake any longer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Done dangerous things without thinking</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had a good night’s sleep</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
25. During the last two weeks, how often were you bothered or troubled by the following? (Mark one answer for every item.)

<table>
<thead>
<tr>
<th>Item</th>
<th>Never</th>
<th>Once</th>
<th>Twice</th>
<th>Several Times</th>
<th>Every day/night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrived late to class because you overslept</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling too tired to do things</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Having trouble going to sleep or staying asleep</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling unhappy, sad, or depressed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling hopeless about the future</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling nervous or tense</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Worrying too much about things</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you did not have your job, would you go to bed:
- Earlier than you do
- Later than you do
- The same as you do

If you did not have your job, would you wake up:
- Earlier than you do
- Later than you do
- The same as you do

26. Ideally, when would be the best time for you for school to start?
- 7:00 am
- 7:30 am
- 8:00 am
- 8:30 am
- 9:00 am
- Later than 9:00 a.m.

27. Imagine you have to take a two-hour test, but you can take it when you think you will do your best. What time is that?
- 8:00-10:00 a.m.
- 11:00-1:00 p.m.
- 3:00-5:00 p.m.
- 7:00-9:00 p.m.

28. When do you usually have the most energy to do your favorite things?
- 8:00-10:00 a.m.
- 11:00-1:00 p.m.
- 3:00-5:00 p.m.
- 7:00-9:00 p.m.

29. When does your body start to tell you it's time for bed (even if you ignore it)? Between:
- 8:00-9:00 p.m.
- 9:00-10:00 p.m.
- 10:00-11:00 p.m.
- 11:00-12:00 a.m.
- After 12:00 a.m.

30. During last week, did you work at a job for pay?
- No (Skip to question 31)
- Yes

   During the last week, when did you work? (Mark all that apply.)
   - In the morning before school
   - In the afternoon after school
   - In the evening on days that you had school
   - On the weekend

   How many hours do you work at your paying job?
   During the school week: _______ hours
   During the weekend: _______ hours

   During the last week, did you struggle to stay awake (fight sleep) or fall asleep at your job?
   - No
   - Struggled to stay awake
   - Fell asleep
   - Both struggled to stay awake and fell asleep.

If you did not have your job, would you go to bed:
- Earlier than you do
- Later than you do
- The same as you do

If you did not have your job, would you wake up:
- Earlier than you do
- Later than you do
- The same as you do

31. During last week, did you study/do homework?
- No (Skip to question 32)
- Yes

   During the last week, when did you study/do homework? (Mark all that apply.)
   - In the morning before school
   - In the afternoon after school
   - In the evening on days that you had school
   - On the weekend

   How many hours do you study outside of school?
   During the school week: _______ hours
   During the weekend: _______ hours

   During the last week, did you struggle to stay awake (fight sleep) or fall asleep while studying?
   - No
   - Struggled to stay awake
   - Fell asleep
   - Both struggled to stay awake and fell asleep.

If you did not have to study, would you go to bed:
- Earlier than you do
- Later than you do
- The same as you do

If you did not have to study, would you wake up:
- Earlier than you do
- Later than you do
- The same as you do

32. During last week, did you engage in organized sports or a regularly scheduled physical activity?
- No (Skip to question 33)
- Yes

   During the last week, when did you practice? (Mark all that apply.)
   - In the morning before school
   - In the afternoon after school
   - In the evening on days that you had school
   - On the weekend
How many hours do you practice?

During the school week: ________ hours
During the weekend: ________ hours

During the last week, did you struggle to stay awake (fight sleep) or fall asleep during practice?

- No
- Struggled to stay awake
- Fell asleep
- Both struggled to stay awake and fell asleep.

If you did not have your sports activity, would you go to bed:

- Earlier than you do
- Later than you do
- The same as you do

If you did not have your sports activity, would you wake up:

- Earlier than you do
- Later than you do
- The same as you do

During the last week, when did you participate? (Mark all that apply.)

- In the morning before school
- In the afternoon after school
- In the evening on days that you had school
- On the weekend

Outside of regular school hours, how many hours do you participate?

During the school week: ________ hours
During the weekend: ________ hours

During the last week, did you struggle to stay awake (fight sleep) or fall asleep during this participation?

- No
- Struggled to stay awake
- Fell asleep
- Both struggled to stay awake and fell asleep.

If you did not have your extracurricular activity, would you go to bed:

- Earlier than you do
- Later than you do
- The same as you do

If you did not have your extracurricular activity, would you wake up:

- Earlier than you do
- Later than you do
- The same as you do

Are your grades in school mostly?

- A's
- B's and C's
- D's
- B's and C's
- C's
- D's and F's
- C's and D's
- F's

Do you drive a car?

- Yes
- No (Skip next question)

If yes, have you ever had an accident?

- Yes
- No

Do you have any disabilities or chronic illnesses (for example, asthma, diabetes, deafness, physical impairment, etc.)?

- Yes
- No

Compared to others your age, would you say that your health is:

- Poor
- Fair
- Good
- Excellent

Do you take medication to help with concentration or a learning disability?

- Yes
- No

During the last two weeks, how many days did you stay home from school because you were:

Sick: 0 days 1 day 2 days 3 days 3+ days
Other: 0 days 1 day 2 days 3 days 3+ days

Why did you stay home? __________________________

During the last week, when did you participate? (Mark all that apply.)

- In the morning before school
- In the afternoon after school
- In the evening on days that you had school
- On the weekend

Outside of regular school hours, how many hours do you participate?

During the school week: ________ hours
During the weekend: ________ hours

During the last week, did you struggle to stay awake (fight sleep) or fall asleep during this participation?

- No
- Struggled to stay awake
- Fell asleep
- Both struggled to stay awake and fell asleep.

If you did not have your extracurricular activity, would you go to bed:

- Earlier than you do
- Later than you do
- The same as you do

If you did not have your extracurricular activity, would you wake up:

- Earlier than you do
- Later than you do
- The same as you do

Do you have a television in your bedroom?

- Yes
- No

Do you have a computer in your bedroom?

- Yes
- No

Do you have a telephone/cell phone in your bedroom?

- Yes
- No

Your gender:

- Male
- Female

Your age:

- 13
- 14
- 15
- 16
- 17
- 18
- 19

Your grade:

- 9
- 10
- 11
- 12

What best describes your racial/ethnic background? (Check all that apply)

- White/Caucasian
- Black/African American
- Hispanic/Latino
- Asian/Asian American
- Native American/Pacific Islander
- Other