

Student Sleep Survey Questions Recommendations from Dr. Wendy Troxel

Below is a set of sleep items recommended by Dr. Wendy Troxel, Sleep Researcher for use in administering a student “sleep needs assessment” (i.e., to really gauge how big of a problem insufficient sleep may be in your community of adolescents). This data could also serve as important baseline data and could be used in conjunction with other existing surveys of key adolescent outcomes (e.g, mental health, suicidality, tardiness, attendance, graduation rates, car crashes, etc.). Dr. Troxel recommends the 5 validated items and states; “that these 5 items will allow you to derive 8 key sleep outcomes, namely:

- weekend and weekday bedtimes
- weekend and weekday wake-up times
- sleep quality
- weekend and weekday sleep duration (derived variable)
- the difference between weekend and weekday sleep duration (derived variable which is a measure of “sleep debt”—and is a good way to capture how sleep-deprived adolescents are, as greater difference indicates the degree of sleep debt and may also be an indicator of circadian misalignment)

SQ1

During the past month, how would you rate your overall sleep quality?

1. Very Good
2. Fairly Good
3. Fairly Bad
4. Very bad

SQ2

What time do you usually go to bed on school days?

____:____ AM/PM [(ANSWERED IN TIME FORMAT; E.G., 11:30 P.M.; DEFAULT TO PM)]

SQ3

What time do you usually wake up on school days?

____:____ (ANSWERED IN TIME FORMAT; E.G., 06:00 A.M., DEFAULT TO AM)

SQ4

What time do you usually go to bed on the weekend?

____:____ (ANSWERED IN TIME FORMAT; E.G., 11:30 P.M., DEFAULT TO PM)

SQ5

What time do you usually wake up on the weekend?

____:____ (ANSWERED IN TIME FORMAT; E.G., 06:00 A.M., DEFAULT TO AM)