



Teen Sleep Habits Survey

Dear RHS Student,

The survey you are participating in and the data collected will help to better inform the committee of the District's Adolescent Sleep and School Start Time Study. We appreciate your support in responding to the questions below.

Sincerely,
Adolescent Sleep/School Start Time Committee

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

Please specify PM or AM

hh	mm	-	▼
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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)

- | | |
|---|---|
| <input type="radio"/> My parents have set my bedtime. | <input type="radio"/> My TV shows are over. |
| <input type="radio"/> I feel sleepy. | <input type="radio"/> I have finished socializing (texting, phone calls, etc) |
| <input type="radio"/> I have finished my homework. | <input type="radio"/> I got home from my job. |
| <input type="radio"/> Other (please specify) | |

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.

Date / Time

hh	mm	-	↕
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5. What is the main reason you usually wake up at this time on school days? (Mark only one)

- | | |
|---|--|
| <input type="radio"/> Noises or my pets wake me up | <input type="radio"/> I need to go to the bathroom |
| <input type="radio"/> My alarm clock wakes me up | <input type="radio"/> I don't know, I just wake up |
| <input type="radio"/> My parents or other family members wake me up | |

Other (please specify)

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

Date / Time

hh	mm	-	↕
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7. How do you usually get to school?

- | | |
|---|---|
| <input type="radio"/> Walk/ride a bike | <input type="radio"/> Get a ride with friend(s) |
| <input type="radio"/> Take a bus | <input type="radio"/> Drive my car |
| <input type="radio"/> Get a ride with a family member | |

8. What time do you usually go to bed on weekends?

please specify AM or PM

hh	mm	-	↕
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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
- My TV shows are over
- I feel sleepy
- I have finished socializing (texting, phone calls, etc)
- I have finished my homework
- I got home from my job
- Other (please specify)

10. On weekends, after you go to bed at night, about how long does it 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.

please specify AM or PM

 -

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
- I need to go to the bathroom
- My alarm clock wakes me up
- I don't know, I just wake up
- My parents or other family members wake me up
- Other (please specify)

13. Some people wake up during the night, others never do. How many times do you usually wake up during the night?

- Never
- More than 3 times
- Once
- I have no idea
- 2 or 3 times

14. Some people 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 big problem
- A little problem
- A very big problem
- More than a little 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 weekends?

- 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. Please mark only one selection.

- Less than 4 hours
- 8-10 hours
- 4-6 hours
- more than 10 hours
- 6-8 hours

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 Usually
 Rarely Always
 Sometimes

21. How often do you think you get enough sleep on the weekend?

- Never Usually
 Rarely Always
 Sometimes

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.)

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

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

	Never	Once or twice a week	Once a day	Several times a day
Drank a beverage with caffeine (Coke, Pepsi, Monster, Mountain Dew, Red Bull)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drank coffee or tea with caffeine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Never	Once	Twice	Several Times	Every day/night
Arrived late to class because you overslept	<input type="radio"/>				
Fallen asleep in a morning class	<input type="radio"/>				
Fallen asleep in an afternoon class	<input type="radio"/>				
Awakened too early in the morning and couldn't get back to sleep	<input type="radio"/>				
Stayed up until 3 a.m. or later	<input type="radio"/>				
Slept later than noon	<input type="radio"/>				
Felt tired, dragged out, or sleepy during the day	<input type="radio"/>				
Needed to be told more than once to get up in the morning	<input type="radio"/>				
Had an extremely hard time falling asleep	<input type="radio"/>				
Had nightmares or bad dreams during the night	<input type="radio"/>				
Gone to bed because you could not stay awake any longer	<input type="radio"/>				
Done dangerous things without thinking	<input type="radio"/>				
Had a good night's sleep	<input type="radio"/>				

25. During the last two weeks, how often were you bothered or troubled by the following? (Mark one answer for every item.)

	Never	Once	Twice	Several times	Every day/night
Arrived late to class because you overslept	<input type="radio"/>				
Feeling too tired to do things	<input type="radio"/>				
Having trouble going to sleep or staying asleep	<input type="radio"/>				
Feeling unhappy, sad, or depressed	<input type="radio"/>				
Feeling nervous or tense	<input type="radio"/>				
Worrying too much about things	<input type="radio"/>				

26. Ideally, when would be the best time for you for school to start?

- 7:00am
- 7:30 am
- 8:00 am
- 8:30 am
- 9:00am
- Later than 9:00am

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 time?

- 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. 11:00-12:00 a.m.
 9:00-10:00 p.m. After 12:00 a.m.
 10:00-11:00 p.m.

30. During the last week, did you work at a job for pay? (if no, skip to question 37)

- No
 Yes

31. 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

32. How many hours do you work at your paying job during the school week?

- under 5 hours per school week up to 20 hours per school week.
 5-10 hours per school week more than 20 hours per school week
 10-15 hours per school week

33. How many hours do you work at your paying job during the weekend?

- I don't work on the weekends 10-15 hours per weekend
 up to 5 hours per weekend 20+ hours per weekend
 5-10 hours per weekend

34. 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.

35. 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

36. If you did not have your job, would you wake up:

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

37. During the last week, did you study/do homework?

- No (skip to question 44)
- Yes

38. 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

39. How many hours do you study outside of school during the school week?

- 0-2 hours per day
- 2-4 hours per day
- 4-6 hours per day
- more than 6 hours per day

40. How many hours do you study during the weekend?

- 0-2 hours
- 2-4 hours
- 4-6 hours
- more than 6 hours

41. 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

42. 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

43. If you did not have to study, would you wake up:

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

44. During the last week, did you engage in organized sports or a regularly scheduled physical activity?

- No (skip to question 51)
- Yes

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

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

46. How many hours do you practice/play during the school week?

47. How many hours do you practice/play during the weekend?

48. 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

49. 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

50. 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

51. During the last week, did you participate in organized activities (i.e., clubs, music, etc.)

- No (skip to question 58)
- Yes

52. 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

53. Outside of regular school hours, how many hours do you participate during the weekdays?

- 0-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- more than 8 hours

54. How many hours do you participate during the weekend?

- | | |
|---------------------------------|--|
| <input type="radio"/> 0-2 hours | <input type="radio"/> 6-8 hours |
| <input type="radio"/> 2-4 hours | <input type="radio"/> 8-10 hours |
| <input type="radio"/> 4-6 hours | <input type="radio"/> more than 10 hours |

55. 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.

56. 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

57. 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

58. Are your grades in school mostly?

- | | |
|-----------------------------------|-----------------------------------|
| <input type="radio"/> A's | <input type="radio"/> C's and D's |
| <input type="radio"/> A's and B's | <input type="radio"/> D's |
| <input type="radio"/> B's | <input type="radio"/> D's and F's |
| <input type="radio"/> B's and C's | <input type="radio"/> F's |
| <input type="radio"/> C's | |

59. Do you drive a car?

- Yes
- No (Skip next question)

60. If yes, have you ever had an accident?

- Yes
- No

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

- Yes
- No

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

- Poor
- Fair
- Good
- Excellent

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

- Yes
- No

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

	0 days	1 day	2 days	3 days	3+ days
Sick	<input type="radio"/>				
Other	<input type="radio"/>				

65. Do you have a TV in your bedroom?

- Yes
- No

66. Do you have a computer in your bedroom?

- Yes
- No

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

- Yes
- No

68. Are your electronic devices on while you are sleeping?

- No, I turn everything off when I go to sleep
- Cell phone
- Computer
- TV
- iPad

Other (please specify)

69. Your gender:

- Male
- Female
- Choose not to answer

70. Your age:

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

71. Your grade:

- 9
- 10
- 11
- 12

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

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

