

There are no right or wrong answers. Be careful to choose the **one** answer that **best** describes the way your sleep has been in the last two school weeks (unless otherwise instructed).

The next set of questions has to do with your usual schedule on days when you have school.

22. What time do you usually go to bed on school days?
List ONE time, not a range.

_____ A.M.
 P.M.

23. 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 one)

- My parents have set my bedtime
- I feel sleepy
- I finish my homework
- My TV shows are over
- My brother(s) or sister(s) go to bed
- I finish socializing
- I get home from my job
- Other: _____

24. What time do you usually wake up on school days?

_____ A.M.
 P.M.

25. What is the main reason you usually wake up at this time on school days? (choose one)

- Noises or my pet wakes 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: _____

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

_____ A.M.
 P.M.

27. How do you usually get to school?

- Walk
- Take the bus
- Get a ride with parent
- Get a ride with friend(s)
- Drive my car

28. Figure out how long you usually sleep on a normal school night and fill it in here. [Do not include time you spend awake in bed. Remember to mark hours and minutes, even if minutes are zero.]

_____ hours _____ minutes

29. On school days, after you go to bed at night, about how long does it usually take you to fall asleep?

_____ minutes

The next set of questions has to do with your usual schedule on days when you do not have school, such as on the weekend.

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

_____ A.M.
 P.M.

31. 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? (choose one)

- My parents have set my bedtime
- I feel sleepy
- I finish my homework
- My TV shows are over
- My brother(s) or sister(s) go to bed then
- I finish socializing
- I get home from my job
- Other: _____

FOR OFFICE USE ONLY

22 Hour Min.	24 Hour Min.	26 Hour Min.																																																																																																																								
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