

32. What time do you usually wake up on weekends?

- A.M.
 P.M.

33. What is the main reason you usually wake up at this time on weekends? (choose one)

- Noises or my pet wakes me up
 My alarm clock wakes me up
 My parents wake me up
 I need to go to the bathroom
 I don't know, I just wake up
 Other: _____

34. Figure out how long you usually sleep on a night when you do not have school the next day (such as a weekend 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

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

_____ minutes

36. Some people wake up during the night. Others never do. How many times do you usually wake up at night?

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

37. 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

38. Some people take naps in the daytime every day, others never do. When do you nap? (mark all that apply.)

- I never nap.
 I sometimes nap on school days.
 I sometimes nap on weekends.
 I never nap unless I am sick.

39. Can you figure out how much sleep 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 minutes are zero.]

_____ hours _____ minutes

40. In general, do you feel you usually get . . .

- too much sleep?
 enough sleep?
 too little sleep?

41. Do you consider yourself to be . . .

- a good sleeper?
 a poor sleeper?

42. How often do you think that you get enough sleep?

- Always
 Usually
 Sometimes
 Rarely
 Never

FOR OFFICE USE ONLY

32 Hour Min.

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

34 Hour Min.

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

35 Minutes

0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

39 Hour Min.

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

ID Number

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9