Subject ID#: \_\_\_\_\_

**Sleep Course Survey**

Please answer each question in this survey the best you can by carefully circling answers.

There are no right or wrong answers to this survey. Each answer is up to you.

All your answers will be kept confidential and will not be connected to your name. No one will know who said what and no one will be in trouble because of any answers given in this survey. So, please answer honestly.

This confidentiality will only be breached if the researcher believes harm may come to you, your peers, or your school. This includes alerting school leadership if a student’s depression survey is concerning.

1. What year are you in high school?

A. Freshman B. Sophomore C. Junior D. Senior

1. How old are you?

A. 14 B. 15 C. 16 D. 17

1. What sex were you assigned at birth?

A. Female B. Male C. Other D. Prefer not to say

1. How many hours did you sleep last night (to the nearest hour)?

A. Less than 5 B. 5-6 C. 7-8 D. 9-10 E. More than 10

1. How many hours do you usually sleep per school night (to the nearest hour)?

A. Less than 5 B. 5-6 C. 7-8 D. 9-10 E. More than 10

1. What time do you usually do go sleep on school nights (to the nearest hour)?

A. Earlier than 9pm B. 10pm C. 11pm D. 12am E. 1am or later

1. How many hours do you usually sleep per weekend night (to the nearest hour)?

A. Less than 5 B. 5-6 C. 7-8 D. 9-10 E. More than 10

1. What time do you usually do go sleep on weekend nights (to the nearest hour)?

A. Earlier than 9pm B. 10pm C. 11pm D. 12am E. 1am or later

1. What are some reasons for you not sleeping more? Circle all that apply.
2. Not tired
3. Physical issues (can’t fall asleep, wake up at night, pain)
4. Food
5. Drinks
6. Medicines/drugs
7. Homework
8. Extracurricular activities
9. Technology (gaming, social media, phone)
10. Responsibilities at home
11. Noise at home
12. Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. How many hours do you spend on homework each school night?

A. Less than 1 B. 1-2 C. D. 9-10 E. More than 10

1. Do you use anything to help you sleep? Circle all that apply.
2. Going to bed at the same time on school nights
3. Going to bed at the same time every night
4. Not eating for a certain amount of time before bed
5. Not drinking caffeine for a certain amount of time before bed
6. Herbal remedies/tea
7. Melatonin
8. Benadryl/medicines that make you sleepy that you don’t need a prescription for
9. Prescription sleeping pill medicines that are meant for you
10. Prescription sleeping pill medicines that are meant for someone else
11. Illegal drugs that make you sleepy
12. Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Do you use anything to help you stay awake? Circle all that apply.
14. Environment (bright lights, fan on your face, loud music)
15. Eating
16. Caffeine (in coffee, some sodas, energy drinks, caffeine pills)
17. Eating
18. Medicines that make you sleepy that you don’t need a prescription for
19. Prescription medicines that are meant for you that keep you awake
20. Prescription medicines that are meant for someone else that keep you awake
21. Illegal drugs that keep you awake
22. Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
23. Is there competition among your friends to sleep less?

Yes No

1. Is there competition at Bravo to sleep less?

Yes No

1. Do you think you sleep enough?

Yes No

1. Are you worried you don’t sleep enough?

Yes No

1. Is your family worried you don’t sleep enough?

Yes No

1. How many hours a night do you want to sleep?

A. Less than 5 B. 5-6 C. 7-8 D. 9-10 E. More than 10

1. Optional: Comments about any of the questions above, anything they reminded you of, or

anything else you want to mention?

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1. How many hours a night do you think a person your age should sleep for their best health?

A. Less than 5 B. 5-6 C. 7-8 D. 9-10 E. More than 10

1. On the weekends, should you try to sleep as much as possible after not sleeping much during

the week?

Yes No

1. How does sleep affect academic performance?
2. Less sleep allows more time to study, which improves academic performance
3. More sleep allows better concentration and memory, which improves academic performance
4. Sleep time does not have an effect on academic performance
5. Sleep time does not matter as much as going to bed early, which improves academic performance
6. How does sleep time affect risk-taking behavior?
7. Less sleep increases likelihood of risk-taking behavior
8. More sleep increases likelihood of risk-taking behavior
9. Sleep time does not have an effect on risk-taking behavior
10. How does sleep time affect obesity?
11. Less sleep increases likelihood of obesity
12. More sleep increases likelihood of obesity
13. Sleep time does not have an effect on obesity
14. How does caffeine affect sleep?
15. Caffeine in the morning can help waking
16. Caffeine at night can cause difficulty sleeping at night
17. Caffeine in the morning can cause difficulty sleeping at night
18. Caffeine has no effect on sleep at night
19. How does using technology affect sleep?
20. Using technology at night can make it easier to sleep as it increases sleepiness
21. Using technology in the morning can help waking
22. Using technology does not have an effect on sleep
23. Using technology at night can make it harder to sleep as its light decreases sleepiness
24. How does food affect sleep?
25. Snacks close to bedtime can make it easier to sleep
26. Large meals close to bedtime can make it easier to sleep
27. Snacks close to bedtime can make it harder to sleep
28. Large meals close to bedtime can make it harder to sleep
29. Food does not have an effect on sleep
30. How does physical activity affect sleep?
31. Physical activity close to bedtime can make it easier to sleep
32. Physical activity close to bedtime can make it harder to sleep
33. Physical activity does not have an effect on sleep
34. Physical activity a few hours before bedtime can make it easier to sleep
35. Physical activity a few hours before bedtime can make it harder to sleep
36. How does depressed or anxious mood affect sleep?
37. Depressed or anxious mood can make it harder to sleep normal amounts
38. Depressed or anxious mood does not have an effect on sleep
39. Depressed or anxious mood can make it easier to sleep normal amounts
40. How does sleep affect mood?
41. Less sleep can cause someone to feel more depressed or anxious
42. More sleep can cause someone to feel more depressed or anxious
43. Sleep time does not have an effect on mood
44. Do you think the sleep course will affect your long-term sleep behavior? How or why not?

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1. What worked about the sleep course?

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1. What did not work about the sleep course?

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1. If this sleep course were offered again, what would you like to see changed or added?

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