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
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 friend(s)
○ Drive my car
○ Get a ride with parent

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

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
○ My brother(s) or sister(s)
go to bed then
○ I feel sleepy
○ I finish socializing
○ I get home from my job
○ My TV shows are over
○ Other: ______________________

FOR OFFICE USE ONLY

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

28 Hour Min.  29 Minutes  30 Hour Min.

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DO NOT WRITE IN THIS AREA