32. What time do you usually wake up on weekends?
   - O A.M.
   - O P.M.

33. What is the main reason you usually wake up at this time on weekends? (choose one)
   - O Noises or my pet wakes me up
   - O My alarm clock wakes me up
   - O My parents wake me up
   - O I need to go to the bathroom
   - O I don't know, I just wake up
   - O 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?
   - O Never
   - O Once
   - O 2 or 3 times
   - O More than 3 times
   - O 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)?
   - O No problem at all
   - O A little problem
   - O More than a little problem
   - O A big problem
   - O 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.)
   - O I never nap.
   - O I sometimes nap on school days.
   - O I sometimes nap on weekends.
   - O 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 . . .
   - O too much sleep?
   - O enough sleep?
   - O too little sleep?

41. Do you consider yourself to be . . .
   - O a good sleeper?
   - O a poor sleeper?

42. How often do you think that you get enough sleep?
   - O Always
   - O Usually
   - O Sometimes
   - O Rarely
   - O Never