

SLEEP SURVEY

1. How many hours sleep did you get last night?

- More than 8 hours
- 7 to 8 hours
- 6 to 7 hours
- Less than 6 hours

2. How quickly do you usually fall asleep at night time?

- Within 15 minutes of getting into bed
- Within 30 minutes of getting into bed
- Around an hour after getting into bed
- Over an hour after getting into bed

3. Do you wake in the night for more than 15 minutes?

- Rarely
- Usually at least twice a week
- Most nights
- Every night

4. What stops you from sleeping at night time? Tick all that apply

- Nothing - I always sleep well
- Worrying about school work/exams
- Too light/dark
- Noise
- Watching the clock and worrying I can't get to sleep
- Chatting with friends on phone/social media
- Watching films/TV
- Room temperature
- School work
- Being uncomfortable
- Hunger/thirst

5. How do you feel generally during the day time?

- Tired
- Exhausted
- Great

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6. How do you feel in the morning when your alarm goes off?

- Find it hard to wake up and often fall back to sleep
- I get up eventually but it is a struggle
- I don't have a problem getting up but it would be nice to have a bit longer in bed
- I get up without a problem

7. How would you rate your sleep at the moment?

- Great – no problems
- Could be better
- Poor

8. How often do you feel sleepy during the day at school?

- Always
- Often
- Sometimes
- Rarely
- Never

9. On average what time do you usually fall asleep on a school night?

- Before 10pm
- 10pm -11pm
- 11pm – midnight
- Midnight – 1am
- 1am – 2am
- After 2am

10. Do you have long lie ins at weekends?

- No I get up at the same time each morning
- Yes I lie in for an hour longer than usual
- Yes I lie in for between an hour and 2 hours longer than usual
- Yes I lie in for over 2 hours longer than usual

11. Have you started either losing or gaining one or more hours of sleep per night?

- No
- Just recently
- For a while now

12. Do you snore?

- No
- Sometimes
- Yes

13. Do you wind down properly before bed?

- Never
- Most of the time
- Always

14. How many caffeinated drinks do you have during the day, including evenings?

- Less than 3
- 3-6
- Over 6

15. How many alcohol units do you generally have after 5pm? (one unit is a single measure of spirit, or half pint of cider/beer/lager, or a small glass of wine)

- None
- 1-3
- Over 3