

Pediatric Sleep Practices

Please respond to each question or statement by marking one box per row.

<u>In the past 7 days...</u>	Never	Almost never	Sometimes	Almost always	Always
I followed a bedtime routine before falling asleep					
I watched TV shows or videos just before falling asleep					
I played video or computer games just before falling asleep					
I tried to fall asleep at about the same time every night					
I needed someone with me to fall asleep					
I used a phone, computer, or electronic device just before falling asleep					
I woke up at about the same time every morning					

What time do you try to fall asleep on weekday nights?

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Before 7:00 pm | <input type="checkbox"/> 8:00pm-8:29 pm | <input type="checkbox"/> 9:30pm-9:59 pm | <input type="checkbox"/> 11:00pm-11:29 pm |
| <input type="checkbox"/> 7:00pm-7:29 pm | <input type="checkbox"/> 8:30pm-8:59 pm | <input type="checkbox"/> 10:00pm-10:29 pm | <input type="checkbox"/> 11:30pm-11:59 pm |
| <input type="checkbox"/> 7:30pm-7:59 pm | <input type="checkbox"/> 9:00pm-9:29 pm | <input type="checkbox"/> 10:30pm-10:59 pm | <input type="checkbox"/> After midnight |

What time do you wake up on weekdays?

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Before 5:00 am | <input type="checkbox"/> 6:30am-6:59 am | <input type="checkbox"/> 8:30am-8:59 am | <input type="checkbox"/> 10:30am-10:59 am |
| <input type="checkbox"/> 5:00am-5:29 am | <input type="checkbox"/> 7:00am-7:29 am | <input type="checkbox"/> 9:00am-9:29 am | <input type="checkbox"/> 11:00am-11:29 am |
| <input type="checkbox"/> 5:30am-5:59 am | <input type="checkbox"/> 7:30am-7:59 am | <input type="checkbox"/> 9:30am-9:59 am | <input type="checkbox"/> 11:30am-11:59 am |
| <input type="checkbox"/> 6:00am-6:29 am | <input type="checkbox"/> 8:00am-8:29 am | <input type="checkbox"/> 10:00am-10:29 am | <input type="checkbox"/> After 12:00 pm |

What time do you try to fall asleep on weekend nights?

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Before 7:00 pm | <input type="checkbox"/> 8:00pm-8:29 pm | <input type="checkbox"/> 9:30pm-9:59 pm | <input type="checkbox"/> 11:00pm-11:29 pm |
| <input type="checkbox"/> 7:00pm-7:29 pm | <input type="checkbox"/> 8:30pm-8:59 pm | <input type="checkbox"/> 10:00pm-10:29 pm | <input type="checkbox"/> 11:30pm-11:59 pm |
| <input type="checkbox"/> 7:30pm-7:59 pm | <input type="checkbox"/> 9:00pm-9:29 pm | <input type="checkbox"/> 10:30pm-10:59 pm | <input type="checkbox"/> After midnight |

What time do you wake up on weekends?

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Before 5:00 am | <input type="checkbox"/> 6:30am-6:59 am | <input type="checkbox"/> 8:30am-8:59 am | <input type="checkbox"/> 10:30am-10:59 am |
| <input type="checkbox"/> 5:00am-5:29 am | <input type="checkbox"/> 7:00am-7:29 am | <input type="checkbox"/> 9:00am-9:29 am | <input type="checkbox"/> 11:00am-11:29 am |
| <input type="checkbox"/> 5:30am-5:59 am | <input type="checkbox"/> 7:30am-7:59 am | <input type="checkbox"/> 9:30am-9:59 am | <input type="checkbox"/> 11:30am-11:59 am |
| <input type="checkbox"/> 6:00am-6:29 am | <input type="checkbox"/> 8:00am-8:29 am | <input type="checkbox"/> 10:00am-10:29 am | <input type="checkbox"/> After 12:00 pm |