

12/3/07

### PEDIATRIC SLEEP CLINIC ADOLESCENT SLEEP HABITS SURVEY (BOY'S SELF REPORT)

Instructions: This form should be filled out by the adolescent patient himself if at all possible.

Today's Date: \_\_\_/\_\_\_/\_\_\_

1. Name: \_\_\_\_\_ 2. Date of Birth: \_\_\_/\_\_\_/\_\_\_

3. Please describe your sleep problem(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. How long have you had difficulty with sleep? (check one)

- less than a month
- 1-6 months
- 6-12 months
- 1-5 years
- more than 5 years

5. Have your problems with sleep gotten worse?  Yes  No  Not sure

If yes, when did you notice that your sleep problems got worse: \_\_\_\_\_

6. What do you think is causing your sleep problem? (check all that apply)

- stress at school
- relationship problems with parents/family
- relationship problems with peers
- poor sleep habits
- poor eating habits
- a physical problem
- Other (describe briefly) \_\_\_\_\_

**SLEEP HABITS:** This set of questions asks about your usual sleep habits. Please answer as honestly as possible.

7. With whom do you share a bedroom? (check all that apply)

	Yes	No
Mother/step-mother .....	<input type="checkbox"/>	<input type="checkbox"/>
Father/step-father .....	<input type="checkbox"/>	<input type="checkbox"/>
Older brother(s)/sister(s) .....	<input type="checkbox"/>	<input type="checkbox"/>
Younger brother(s)/sister(s) .....	<input type="checkbox"/>	<input type="checkbox"/>
Other family member(s).....	<input type="checkbox"/>	<input type="checkbox"/>

8. In the last two weeks, have you slept in the same bed?

- every night
- almost every night
- a few nights
- not at all

The next set of questions has to do with your usual schedule on days when you have school. Please list both the **USUAL** times or number of hours/minutes, and the **RANGE** (earliest to latest, lowest to highest). Please check AM or PM for each time.

9. What time do you usually go to bed on school days? \_\_\_\_\_  
Range: \_\_\_\_\_  AM/  PM to \_\_\_\_\_  AM/  PM

**SLEEP HABITS (continued)**

10. 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? (check 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: \_\_\_\_\_

11. What time do you **usually** wake up on school days? \_\_\_\_\_

Range: \_\_\_\_\_  AM/ PM to \_\_\_\_\_  AM/ PM

12. There are many reasons for doing things at one time or another. What is the **main reason** you usually wake up at this time on school days? (check one)

- Noises or my pet wakes me up
- My alarm clock wakes me up
- My parents wake me up
- I need to go to the bathroom
- I don't know, I just wake up
- Other: \_\_\_\_\_

13. What time do you **usually** leave home on school days? \_\_\_\_\_

Range: \_\_\_\_\_  AM/ PM to \_\_\_\_\_  AM/ PM

14. How do you usually get to school? (check one)

- Walk
- Take the bus
- Get a ride with parent
- Get a ride with friend(s)
- Drive my car

What time do you need to arrive at school? \_\_\_\_\_

15. 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.)

Usual amount of sleep: \_\_\_\_\_ hours and \_\_\_\_\_ minutes

Range: \_\_\_\_\_ hours and \_\_\_\_\_ minutes to \_\_\_\_\_ hours and \_\_\_\_\_ minutes

16. On school days, after you go to bed at night, about how long does it usually take you to fall asleep? (If longer than one hour, change to minutes.)

Usual amount: \_\_\_\_\_ minutes

Range: \_\_\_\_\_ minutes to \_\_\_\_\_ minutes

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The next set of questions has to do with your usual schedule on days when you **DO NOT** have school, such as the weekend.

17. What time do you **usually** go to bed on weekends? \_\_\_\_\_

Range: \_\_\_\_\_  AM/ PM to \_\_\_\_\_  AM/ PM

18. 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? (check 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: \_\_\_\_\_

**SLEEP HABITS (continued)**

19. What time do you usually wake up on weekends? \_\_\_\_\_ AM/PM

Range: \_\_\_\_\_ AM/PM to \_\_\_\_\_ AM/PM

20. What is the main reason you usually wake up at this time on weekends? (check one)

- Noises or my pet wakes me up
- My alarm clock wakes me up
- My parents wake me up
- I need to go to the bathroom
- I don't know, I just wake up
- Other: \_\_\_\_\_

21. 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.)

Usual amount of sleep: \_\_\_\_\_ hours and \_\_\_\_\_ minutes

Range: \_\_\_\_\_ hours and \_\_\_\_\_ minutes to \_\_\_\_\_ hours and \_\_\_\_\_ minutes

22. On weekends, after you go to bed at night, about how long does it usually take you to fall asleep? (If longer than one hour, change to minutes.)

Range: \_\_\_\_\_ minutes to \_\_\_\_\_ minutes

23. Can you figure out how much sleep you need? Fill out how much sleep you think you would need each night to feel your best every day. (Do not include time you spend awake in bed. Remember to mark hours and minutes, even if minutes are zero.)

\_\_\_\_\_ hours \_\_\_\_\_ minutes

The following questions ask about other sleep habits you may have. Please answer as honestly as possible.

24. In the last two weeks, how often have you done any of the following activities in bed?

	Every day/night	Several times	Twice	Once	Never
Read? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watch TV? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do schoolwork? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worry? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

25. When you have difficulty falling asleep or getting back to sleep, what do you do? (check all that apply)

- Stay in bed and try to get to sleep
- Do something in bed (e.g., read or watch TV)
- Get up and watch TV
- Get up and drink alcohol
- Get up and drink warm milk
- Get up and drink something: soda/water/coffee/tea (circle all that apply)
- Get up and have a cigarette
- Other (please specify): \_\_\_\_\_



**SLEEP HISTORY (GENERAL)**

29. In an average 2 week period, how often do you...

(Check **ONE** answer for each question)

	Every day/night	5-6 times	3-4 times	1-2 times	Never	Don't know
need more than one reminder to get up in the morning? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
arrive late to class because you overslept? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
fall asleep in a morning class? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
fall asleep in an afternoon class? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
feel tired, dragged out, or sleepy during the day? ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go to bed because you just could not stay awake any longer? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sleep in past noon? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
stay up until at least 3 am? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
stay up all night? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have an extremely hard time falling asleep? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Awaken too early in the morning and couldn't get back to sleep? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have fearful thoughts or images as you are falling asleep? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have nightmares or bad dreams during night? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
walk in your sleep? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have a good night's sleep? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
wet your bed? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
wake up once during the night? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
wake up more than once during the night? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snore? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
snore loudly? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
stop breathing while you sleep or wake up gasping for breath? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
feel satisfied with your sleep? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

30. Have you ever been unable to move when falling asleep or immediately upon waking?

Yes No Don't know

31. Have you ever had episodes of sudden muscular weakness (paralysis, inability to move) when laughing, angry, or in other emotional situations? Yes No Don't know

**DAYTIME SLEEPINESS**

32. 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)?

- no problem at all                       a little problem                       more than a little problem  
 a big problem                               a very big problem

33. Some people take naps in the daytime every day, others never do. When do you nap? (check all that apply)

- I never nap                                       I nap every day                               I sometimes nap on school days  
 I sometimes nap on weekends               I never nap unless I am sick

34. During the last two weeks, have you struggled to stay awake (fought sleep) and/or fallen asleep in the following situations? (Check one answer for every item)

	No	Struggled to stay awake (fought sleep)	Fallen asleep	Does not apply
In a face-to-face conversation with another person?...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Traveling in a bus, train, plane or car?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attending a performance (movie, concert, play)?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watching television?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reading, studying, or doing homework? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During a test?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Driving a car?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In a class at school? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
While doing work on a computer or typewriter? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Playing video games?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Riding a bicycle?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating a meal?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

35. Complete only if you have a driver's license:

Have you ever had a car accident(s) caused by your sleepiness (not due to alcohol or drugs)?

- Yes    No    Don't know

Have you ever had a near car accident(s) ("close calls") caused by your sleepiness (not due to alcohol or drugs)?

- Yes    No    Don't know

In the past month, how often have you driven while sleepy?

- never                       1-2 times                       3-4 times                       5 or more times

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**SLEEP/WAKE RHYTHMS:** For items 36-45, please check the response for each item that best describes you.

36. Considering only your own "feeling best" rhythm, at what time would you get up if you were entirely free to plan your day?

- 5:00-6:30 AM                       6:30-7:45 AM                       7:45-9:45 AM  
 9:45-11 AM                       11:00 AM-12:00 PM (noon)

37. Considering only your own "feeling best" rhythm, at what time would you go to bed if you were entirely free to plan your evening?

- 8:00-9:00 PM                       9:00-10:15 PM                       10:15 PM-12:30 AM  
 12:30-1:45 AM                       1:45-3:00 AM

38. Assuming normal circumstances, how easy do you find getting up in the morning? (check one)

- Not at all easy                       Slightly easy  
 Fairly easy                       Very easy

39. How alert do you feel during the first half hour after having awakened in the morning? (check one)

- Not at all alert                       Slightly alert  
 Fairly alert                       Very alert

40. During the first half hour after having awakened in the morning, how tired do you feel? (check one)

- Not at all tired                       Fairly tired  
 Fairly refreshed                       Very refreshed

41. At what time in the evening do you feel tired and as a result in need of sleep?

- 8:00-9:00 PM                       9:00-10:15 PM                       10:15 PM-12:30 AM  
 12:30-1:45 AM                       1:45-3:00 AM

42. The bad news: you have to take a two-hour test. The good news: you can take it when you think you'll do your best. What time is that? Considering only your own "feeling best" rhythm, at what time would you go to bed if you were entirely free to plan your evening?

- 8:00-10:00 AM                       11:00 AM-1:00 PM  
 3:00-5:00 PM                       7:00-9:00 PM

43. One hears about "morning" and "evening" types of people. Which ONE of these types do you consider yourself to be? (check one)

- Definitely a morning type                       More a morning type than evening type  
 More an evening type than morning type                       Definitely an evening type

44. If you always had to rise at 6:00 AM, what do you think it would be like? (check one)

- Very difficult and unpleasant                       Rather difficulty and unpleasant  
 A little unpleasant but no great problem                       Easy and not unpleasant

45. How long a time does it usually take before you "recover your senses" in the morning after rising from a night's sleep? (check one)

- 0-10 minutes                       11-20 minutes  
 21-40 minutes                       More than 40 minutes

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**SCHOOL INFORMATION:** The next set of questions are about school and other activities.

46. What grade are you in?

- 4    5    6    7    8    9    10    11    12

47. Are your grades in school mostly?

- |                                    |                                      |                                    |
|------------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> A's       | <input type="checkbox"/> A's & B's   | <input type="checkbox"/> B's       |
| <input type="checkbox"/> B's & C's | <input type="checkbox"/> C's         | <input type="checkbox"/> C's & D's |
| <input type="checkbox"/> D's       | <input type="checkbox"/> D's and F's |                                    |

48. What is the highest grade in school you expect to complete? (check one)

- |   |   |
|---|---|
| <input type="checkbox"/> may not finish high school | <input type="checkbox"/> will finish high school          |
| <input type="checkbox"/> will get a college degree  | <input type="checkbox"/> will get a degree beyond college |

49. During the last 2 weeks, did you work at a job for pay? Yes No (If no skip to item 50)

What kind of job? \_\_\_\_\_

On average, how many hours did you work at your paying job per week:

during school week: \_\_\_\_\_ hours      during the weekend: \_\_\_\_\_ hours

50. During the last 2 weeks, did you engage in organized sports or a regularly scheduled physical activity?

- Yes No (If no skip to item 51)

What kind of sport or activity? \_\_\_\_\_

On average, how many hours did you practice per week:

during school week: \_\_\_\_\_ hours      during the weekend: \_\_\_\_\_ hours

51. During the last 2 weeks, did you participate in organized extracurricular activities? (For example, committees, clubs, volunteer work, musical groups, church groups, etc.) Yes No (If no skip to item 52)

What kind of sport or activity? \_\_\_\_\_

On average, how many hours did you work at your paying job per week:

during school week: \_\_\_\_\_ hours      during the weekend: \_\_\_\_\_ hours

52. During the last 2 weeks, did you study/do homework? Yes No

On average, how many hours per week:

during school week: \_\_\_\_\_ hours      during the weekend: \_\_\_\_\_ hours

53. Generally, how often do you attend school?

- a.  Every day
- b.  3-4 days per week
- c.  1-2 days per week
- d.  Less than once per week

54. Generally, how often are you late to school?

- a.  Every day
- b.  3-4 days per week
- c.  1-2 days per week
- d.  Less than once per week



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**HEALTH INFORMATION**

(Questions 55-57 are about changes that may be happening to your body. These changes normally happen to different young people at different ages. If you do not understand a question or do not know the answer, just check "I don't know".)

55. Would you say that your growth in height? (check one)

- has not begun to spurt ("spurt" means faster growth than usual)       has barely started  
 is definitely underway       seems complete  
 I don't know

56. And how about the growth of your body hair? ("Body hair" means hair any place other than your head, such as under your arms). Would you say that your body hair grown: (check one)

- has not yet started to grow       has barely started to grow  
 is definitely underway       seems completed  
 I don't know

57. Have you noticed any skin changes, especially pimples: (check one)

- skin has not yet started changing       skin has barely started changing  
 skin changes are definitely underway       skin changes seem complete  
 I don't know

58. Compared to other people your age, would you say that your health is:

- poor       fair       good       excellent

59. During the last 2 weeks, how many days did you stay home from school because you were:

- sick?: 1 2 3 4 5 6 7 8 9 10  Does not apply  
other?: 1 2 3 4 5 6 7 8 9 10  Does not apply

Why did you stay home from school? \_\_\_\_\_

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**HEALTH HABITS:** Please answer the following questions about health habits that can have effects on sleep.

60. During the LAST MONTH

How much did you use tobacco products?

- More than 1 pack (20 cigarettes) per day       Between 5 and 20 cigarettes per day  
 Between 1 and 5 cigarettes per day       Less than 1 cigarette per day  
 None

If you smoke, at what time do you usually have your last cigarette of the day \_\_\_\_\_ AM/PM

How much coffee did you drink?

- More than 3 glasses per day       Between 1 and 3 glasses per day  
 Less than one glass per day       None

How much caffeinated soda did you drink?

- More than 3 glasses per day       Between 1 and 3 glasses per day  
 Less than one glass per day       None

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**SLEEP BELIEFS**

61. In order to better understand your sense of the average teenager's sleep, please answer the following questions based on your beliefs for an **average** adolescent who does **not** have sleep problems?

How many hours of sleep per night does the average teenager get? \_\_\_\_\_ hours

How long does it take the average teenager to get to sleep? \_\_\_\_\_ minutes

How many times does the average teenager wake up during the night? \_\_\_\_\_ times

How long does the average teenager spend awake in bed during the night? \_\_\_\_\_ minutes OR \_\_\_\_\_ hours

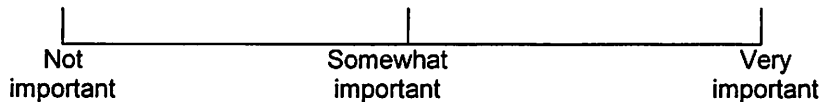
Do you think most teenagers get enough sleep?  Yes  No  Don't Know

Please indicate how important the **average teenager thinks** the following health habits are:  
(Please put an X on the line)

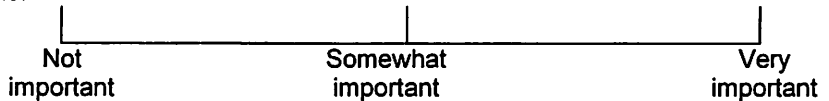
using sun screen



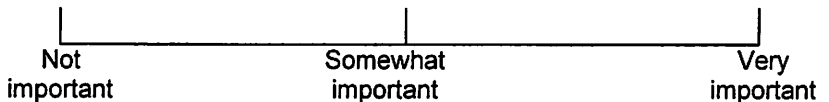
avoiding high fat foods



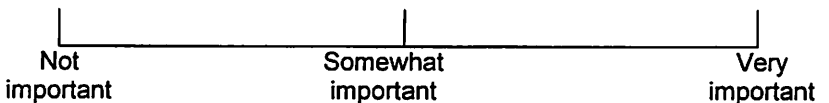
not driving after drinking alcohol



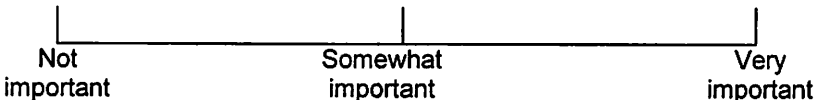
not driving while drowsy



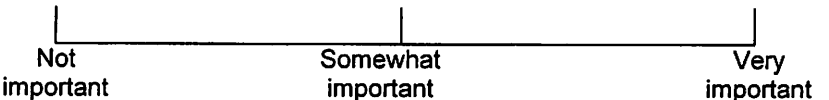
getting a good night's sleep



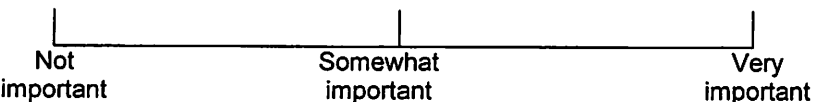
not smoking cigarettes



not using drugs



exercising regularly



**SLEEP BELIEFS (continued)**

Please indicate how likely the average teenager is to do the following are: (Please put an X on the line)

use sun screen

\_\_\_\_\_

Not important                      Somewhat important                      Very important

avoid high fat foods

\_\_\_\_\_

Not important                      Somewhat important                      Very important

not driving after drinking alcohol

\_\_\_\_\_

Not important                      Somewhat important                      Very important

not driving while drowsy

\_\_\_\_\_

Not important                      Somewhat important                      Very important

getting a good night's sleep

\_\_\_\_\_

Not important                      Somewhat important                      Very important

not smoking cigarettes

\_\_\_\_\_

Not important                      Somewhat important                      Very important

not using drugs

\_\_\_\_\_

Not important                      Somewhat important                      Very important

exercising regularly

\_\_\_\_\_

Not important                      Somewhat important                      Very important

**THANK YOU VERY MUCH FOR YOUR TIME!**