

# 2018 CCSD Survey – Middle School

<b><u>In the past 7 days...</u></b>					
<b>I had difficulty falling asleep</b>	Never	Almost never	Sometimes	Almost always	Always
<b>I slept through the night</b>	Never	Almost never	Sometimes	Almost always	Always
<b>I had trouble sleeping</b>	Never	Almost never	Sometimes	Almost always	Always
<b>I had a hard time concentrating because I was sleepy</b>	Never	Almost never	Sometimes	Almost always	Always
<b>I had a hard time getting things done because I was sleepy</b>	Never	Almost never	Sometimes	Almost always	Always
<b>When I woke up I felt ready to start the day</b>	Never	Almost never	Sometimes	Almost always	Always

<b><u>In the past 7 days...</u></b>					
<b>I followed a bedtime routine before falling asleep</b>	Never	Almost never	Sometimes	Almost always	Always
<b>I used electronics (i.e., TV, computer, video game, phone, tablet) just before falling asleep</b>	Never	Almost never	Sometimes	Almost always	Always
<b>I tried to fall asleep at about the same time every night</b>	Never	Almost never	Sometimes	Almost always	Always
<b>I woke up at about the same time every morning</b>	Never	Almost never	Sometimes	Almost always	Always

<b>What time do you try to fall asleep on <u>weekday</u> nights?</b>					
<i>Selection of hour (0-12), minute (0-55 by 5 minute increments) and "PM (before midnight)" or "AM (after midnight)"</i>					
<b>On <u>weekdays</u>, once you turn out the light and close your eyes, how long does it take you to fall asleep?</b>	Less than 10 minutes	10-30 minutes	31-60 minutes	More than 1 hour	
<b>What time do you wake up on <u>weekdays</u>?</b>					
<i>Selection of hour (0-12), minute (0-55 by 5 minute increments) and "PM (before midnight)" or "AM (after midnight)"</i>					
<b>On most school mornings, how do you wake up?</b>	I wake up without any help	I wake up with an alarm clock	A parent or other family member wakes me up	I use an alarm clock, but still need a parent or other family member to wake me	
<b>On most school mornings, how easy is it for you to wake up?</b>	Easy	Somewhat easy	Somewhat difficult	Very difficult	

<b>What time do you try to fall asleep on <u>weekend</u> nights?</b>					
<i>Selection of hour (0-12), minute (0-55 by 5 minute increments) and "PM (before midnight)" or "AM (after midnight)"</i>					
<b>On <u>weekends</u>, once you turn out the light and close your eyes, how long does it take you to fall asleep?</b>	Less than 10 minutes	10-30 minutes	31-60 minutes	More than 1 hour	
<b>What time do you wake up on <u>weekends</u>?</b>					
<i>Selection of hour (0-12), minute (0-55 by 5 minute increments) and "PM (before midnight)" or "AM (after midnight)"</i>					

<b>A person who feels most awake and alert in the morning is sometimes called "a morning person," while a person who feels most awake and alert at night is sometimes called "an evening person." Would you say you are...</b>	Mostly a morning person
	Somewhat a morning person
	Neither a morning person nor an evening person
	Somewhat an evening person
	Mostly an evening person

<b><u>In the past 7 days...</u></b>					
I felt nervous	Never	Almost never	Sometimes	Often	Almost always
I felt worried	Never	Almost never	Sometimes	Often	Almost always
I felt sad	Never	Almost never	Sometimes	Often	Almost always
It was hard for me to have fun	Never	Almost never	Sometimes	Often	Almost always
Being tired made it hard for me to keep up with my school work	Never	Almost never	Sometimes	Often	Almost always

<b><u>In general...</u></b>					
How would you rate your physical health?	Excellent	Very Good	Good	Fair	Poor

<b><u>In the past 7 days...</u></b>					
How many times did you eat <b><u>breakfast</u></b> ?	0 days	1 or 2 days	3 or 4 days	5 or 6 days	All 7 days
How many times did you eat <b><u>lunch</u></b> ?	0 days	1 or 2 days	3 or 4 days	5 or 6 days	All 7 days
How often did you drink beverages with <b><u>caffeine after school, at dinner, or in the evening</u></b> (e.g., Coke, Pepsi, Mountain Dew, Dr. Pepper, Red Bull, Monster, Kickstart, Coffee, Iced Tea, Chai, Latte, etc.?)	0 days	1 or 2 days	3 or 4 days	5 or 6 days	All 7 days

<b><u>In the past 7 days...</u></b>					
I ate dinner with my family	Never	Almost never	Sometimes	Often	Almost always
I talked with my family about my day	Never	Almost never	Sometimes	Often	Almost always

<b><u>SPORTS</u></b>						
In the past 7 days, did you play on a sports team (at school or in your community)?	Yes	No (if no, skip to Activities Section)				
<b><u>In the past 7 days...</u></b>						
How many days did you practice or have games/matches <b><u>in the morning before school</u></b> ?	No days	1 day	2 days	3 days	4 days	5 days
How many days did you practice or have games/matches <b><u>in the afternoon or evening after school</u></b> ?	No days	1 day	2 days	3 days	4 days	5 days
If you did not have your sports activity, would you <b><u>go to bed</u></b> :	Earlier than you do		The same as you do		Later than you do	
If you did not have your sports activity, would you <b><u>wake up</u></b> :	Earlier than you do		The same as you do		Later than you do	

<b><u>ACTIVITIES</u></b>		
In the past 7 days, did you have activities (e.g., dance, music lessons, religious/culture school, volunteer, etc.)?	Yes	No (if no, skip to Homework Section)

<b><u>In the past 7 days...</u></b>						
<b>How many days did you have activities in the morning before school?</b>	No days	1 day	2 days	3 days	4 days	5 days
<b>How many days did you have activities in the afternoon or evening after school?</b>	No days	1 day	2 days	3 days	4 days	5 days
<b>If you did not have this/these activities, would you <u>go to bed</u>:</b>	Earlier than you do		The same as you do		Later than you do	
<b>If you did not have this/these activities, would you <u>wake up</u>:</b>	Earlier than you do		The same as you do		Later than you do	

<b><u>HOMEWORK</u></b>						
<b>In the past 7 days, did you study/do homework?</b>	Yes	No (if no, skip to Job Section)				
<b><u>In the past 7 days...</u></b>						
<b>How many days did you study or do homework <u>before school</u>?</b>	No days	1 day	2 days	3 days	4 days	5 days
<b>How many days did you study or do homework <u>in the afternoon or evening after school</u>?</b>	No days	1 day	2 days	3 days	4 days	5 days
<b>If you did not have homework/had less homework, would you <u>go to bed</u>:</b>	Earlier than you do		The same as you do		Later than you do	
<b>If you did not have homework/had less homework, would you <u>wake up</u>:</b>	Earlier than you do		The same as you do		Later than you do	
<b>In the past 7 days, have you struggled to stay awake (fought sleep) or fallen asleep while doing homework?</b>	No	Fallen asleep	Struggled to stay awake	Both struggled to stay awake and fallen asleep		

<b>Most days, what time do you get to school?</b>	When the bus drops me off	7:00 – 7:30 am	7:30 – 8:00 am	8:00 – 8:20 am	8:20 – 8:40 am	8:40 – 9:00 am
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<b><u>In the past 7 days...</u></b>					
<b>I paid attention in class</b>	Never	Less than half the time	About half the time	More than half the time	Always
<b>I completed my work on time</b>	Never	Less than half the time	About half the time	More than half the time	Always
<b>I liked being at school</b>	Never	Less than half the time	About half the time	More than half the time	Always
<b>When I was in class, I just pretended that I was working</b>	Never	Less than half the time	About half the time	More than half the time	Always
<b>I felt bored at school</b>	Never	Less than half the time	About half the time	More than half the time	Always
<b>I was interested in the work at school</b>	Never	Less than half the time	About half the time	More than half the time	Always
<b>I worked hard to do well in my classes even if I didn't like what we were doing</b>	Never	Less than half the time	About half the time	More than half the time	Always

<b><u>In the past 7 days...</u></b>					
<b>How often did you feel ready to start school?</b>	Never	Less than half the time	About half the time	More than half the time	Always
<b>How often did you <u>feel alert during your first period class</u>?</b>	Never	Less than half the time	About half the time	More than half the time	Always
<b>How often did you <u>feel prepared for your first period class</u>?</b>	Never	Less than half the time	About half the time	More than half the time	Always
<b>How often did you <u>participate in class discussions and activities</u> in your first period class?</b>	Never	Less than half the time	About half the time	More than half the time	Always

<b>Before this school year started, how did you feel about starting school at a later time?</b>	Very happy	Somewhat happy	Somewhat unhappy	Very unhappy
<b>How do you currently feel about starting school at a later time?</b>	Very happy	Somewhat happy	Somewhat unhappy	Very unhappy

<p><b>What else would you like us to know about the change in school start times?</b></p>	
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