

2018 CCSD Survey – Elementary School

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

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

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

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

<u>In the past 7 days...</u>					
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

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

<u>In the past 7 days...</u>					
How many times did you eat <u>breakfast</u>?	0 days	1 or 2 days	3 or 4 days	5 or 6 days	All 7 days
How many times did you eat <u>lunch</u>?	0 days	1 or 2 days	3 or 4 days	5 or 6 days	All 7 days
How often did you drink beverages with <u>caffeine after school, at dinner, or in the evening</u> (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

<u>In the past 7 days...</u>					
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

<u>In the past 7 days...</u>			
How many days did you have sports practice or games/matches <u>in the morning before school</u>?	No days	Some days	Every day
How many days did you have sports practice or games/matches <u>in the afternoon or evening after school</u>?	No days	Some days	Every day

<u>In the past 7 days...</u>			
How many days did you have activities (e.g., dance, music lessons, religious/culture school, volunteer, etc.) <u>in the morning before school</u>?	No days	Some days	Every day
How many days did you have activities (e.g., dance, music lessons, religious/culture school, volunteer, etc.) <u>in the afternoon or evening after school</u>?	No days	Some days	Every day

<u>In the past 7 days...</u>			
How many days did you do homework <u>in the morning before school</u>?	No days	Some days	Every day
How many days did you study or do homework <u>in the afternoon or evening after school</u>?	No days	Some days	Every day

<u>In the past 7 days...</u>					
I paid attention in class	Never	Less than half the time	About half the time	More than half the time	Always
I completed my work on time	Never	Less than half the time	About half the time	More than half the time	Always
I liked being at school	Never	Less than half the time	About half the time	More than half the time	Always
When I was in class, I just pretended that I was working	Never	Less than half the time	About half the time	More than half the time	Always
I felt bored at school	Never	Less than half the time	About half the time	More than half the time	Always
I was interested in the work at school	Never	Less than half the time	About half the time	More than half the time	Always
I worked hard to do well in my classes even if I didn't like what we were doing	Never	Less than half the time	About half the time	More than half the time	Always

Before this school year started, how did you feel about starting school at an earlier time?	Very happy	Somewhat happy	Somewhat unhappy	Very unhappy
How do you currently feel about starting school at an earlier time?	Very happy	Somewhat happy	Somewhat unhappy	Very unhappy