

2018 CCSD Survey – High 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>					

<p>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...</p>	Mostly a morning person				
	Somewhat a morning person				
	Neither a morning person nor an evening person				
	Somewhat an evening person				
	Mostly an evening person				

<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>SPORTS</u>		
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)

<u>In the past 7 days...</u>						
How many days did you practice or have games/matches <u>in the morning before school</u> ?	No days	1 day	2 days	3 days	4 days	5 days
How many days did you practice or have games/matches <u>in the afternoon or evening after school</u> ?	No days	1 day	2 days	3 days	4 days	5 days

If you did not have your sports activity, would you <u>go to bed</u>:	Earlier than you do	The same as you do	Later than you do
If you did not have your sports activity, would you <u>wake up</u>:	Earlier than you do	The same as you do	Later than you do

ACTIVITIES

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

HOMEWORK

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

JOB

In the past 7 days, did you work at a job for pay?	Yes	No (if no, skip to next section)				
<u>In the past 7 days...</u>						
How many days did you work <u>in the morning before school</u>?	No days	1 day	2 days	3 days	4 days	5 days
How many days did you work <u>in the afternoon or evening after school</u>?	No days	1 day	2 days	3 days	4 days	5 days

If you did not have your job, would you go to bed:	Earlier than you do	The same as you do	Later than you do
If you did not have your job, would you wake up:	Earlier than you do	The same as you do	Later than you do

Most days, what time do you get to school?	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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<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

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

How often do you drive a car or motor vehicle?	Never (skip to end)	A few times a month	Once a week	Several times a week	Every day
In the past year, how often have you driven a car or motor vehicle why feeling drowsy?	Never	Less than once a month	1 to 2 times a month	1 to 2 times a week	3 or more times a week
In the past year, have you ever nodded off or fallen asleep, even just for a brief moment, while driving?	Yes	No			
In the past year, have you been in a car accident?	Never	Once	Twice	Three times	More than three times

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

What else would you like us to know about the change in school start times?	
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