

Routine**Report on your typical sleep behavior over the past week.**

I go to bed at:

- 7 PM
- 8 PM
- 9 PM
- 10 PM
- 11 PM
- 12 AM
- 1 AM
- 2 AM
- 3 AM
- 4 AM
- 5 AM
- 6 AM
- (Hours)

I actually start trying to fall asleep at:

- 7 PM
- 8 PM
- 9 PM
- 10 PM
- 11 PM
- 12 AM
- 1 AM
- 2 AM
- 3 AM
- 4 AM
- 5 AM
- 6 AM
- (Hours)

I need _____ minutes to fall asleep.

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 15
- 20
- 25
- 30
- 40
- 50
- 1 hour
- 1 hour 15 minute
- 1 hour 30 minute
- 1 hour 45 minute
- 2 hours
- 3 hours
- 4 hours

After falling asleep, I wake up ____ times during the night.

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Altogether, these awakenings last _____ minutes.

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 15
- 20
- 25
- 30
- 40
- 50
- 1 hour
- 1 hour 15 minute
- 1 hour 30 minute
- 1 hour 45 minute
- 2 hours
- 3 hours
- 4 hours

I wake up at:

- 4 AM
- 5 AM
- 6 AM
- 7 AM
- 8 AM
- 9 AM
- 10 AM
- 11 AM
- 12 PM
- 1 PM
- 2 PM
- 3 PM
- 4 PM
- (Hours)

After _____ minutes I get up.

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 15
- 20
- 25
- 30
- 40
- 50
- 1 hour
- 1 hour 15 minute
- 1 hour 30 minute
- 1 hour 45 minute
- 2 hours
- 3 hours
- 4 hours

I start my school work at:

- 4 AM
- 5 AM
- 6 AM
- 7 AM
- 8 AM
- 9 AM
- 10 AM
- 11 AM
- 12 PM
- 1 PM
- 2 PM
- 3 PM
- 4 PM
- Not applicable
(Hours)

Please answer the following questions about the way things were over the past week.

	Never	Rarely	Occasionally	Frequently	Very frequently
I kept a morning routine (that is, I usually did the same thing each morning)...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I kept a bedtime routine (that is, I usually did the same thing each night before bed)...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I participated in family activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had regular meals...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I did outdoor activities...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worried that my family would not have enough money to pay for necessities like clothing or bills...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I witnessed racism or discrimination in relation to coronavirus...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experienced racism or discrimination in relation to coronavirus...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



I worried that my family would not have enough money to pay for necessities like clothing or bills...