

SUMMARY OF FINDINGS



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Objectives

The National Sleep Foundation commissioned WB&A Market Research to conduct a national survey of caregivers and their adolescent children (age 11-17 and in 6th to 12th grade) living within the United States – the NSF 2006 *Sleep in America* poll.

The primary objectives of this research were to answer the following questions:

1. What are the sleep habits of adolescents?
2. How many adolescents experience various types of sleep problems/disorders?
3. How often do adolescents experience sleep problems/disorders?
4. How does daytime sleepiness affect adolescents?
5. What are adolescents' experiences with driving drowsy?

NSF wishes to acknowledge the volunteer work of the members of its 2006 Poll Task Force. In appreciation of task force members: Mary A. Carskadon, PhD, Brown Medical School and E.P. Bradley Hospital, Providence RI; Jodi A. Mindell, PhD, Saint Joseph's University and The Children's Hospital of Philadelphia, Philadelphia, PA; and Christopher Drake, PhD, Henry Ford Health System, Detroit, MI.

Methodology

In order to collect the information, a total of 1,602 telephone interviews were conducted among a random sample of caregivers and their adolescent children between September 19, 2005 and November 29, 2005.

In order to qualify for this study, adult participants had to be the primary caregiver or someone who shares equally in the childcare of an adolescent in grades 6-12 (ages 11-17). Adolescent participants had to be in grades 6-12 and ages 11-17. All households surveyed were within the continental United States. The survey was administered in two parts. First, the caregivers were asked a series of questions about their adolescent's sleep. Next, the adolescents were asked a series of separate questions about their sleep. The combined survey averaged 25 minutes in length.

A random sample of telephone numbers was purchased from SDR Consulting, Inc. and quotas were established by grade and race, with minority respondents being oversampled. In addition, quotas were established by region, based on U.S. Census household data. A similar number of males and females were interviewed. The data were weighted to reflect equal proportions of respondents by grade, as well as the actual distribution of race based on the U.S. Census. For Spanish-speaking households, respondents were given the option to complete either or both portions of the survey in English or Spanish.

Professional interviewers called from WB&A's telephone interviewing facility located in Crofton, Maryland. Approximately 80% of the interviewing was conducted on weekdays between 5:00 pm and 9:00 pm, Saturdays between 10:00 am and 2:00 pm, and Sundays between 4:00 pm and 8:00 pm. The remaining interviews were conducted on weekdays between 9:00 am and 5:00 pm. (All times are in Eastern Standard Time.)

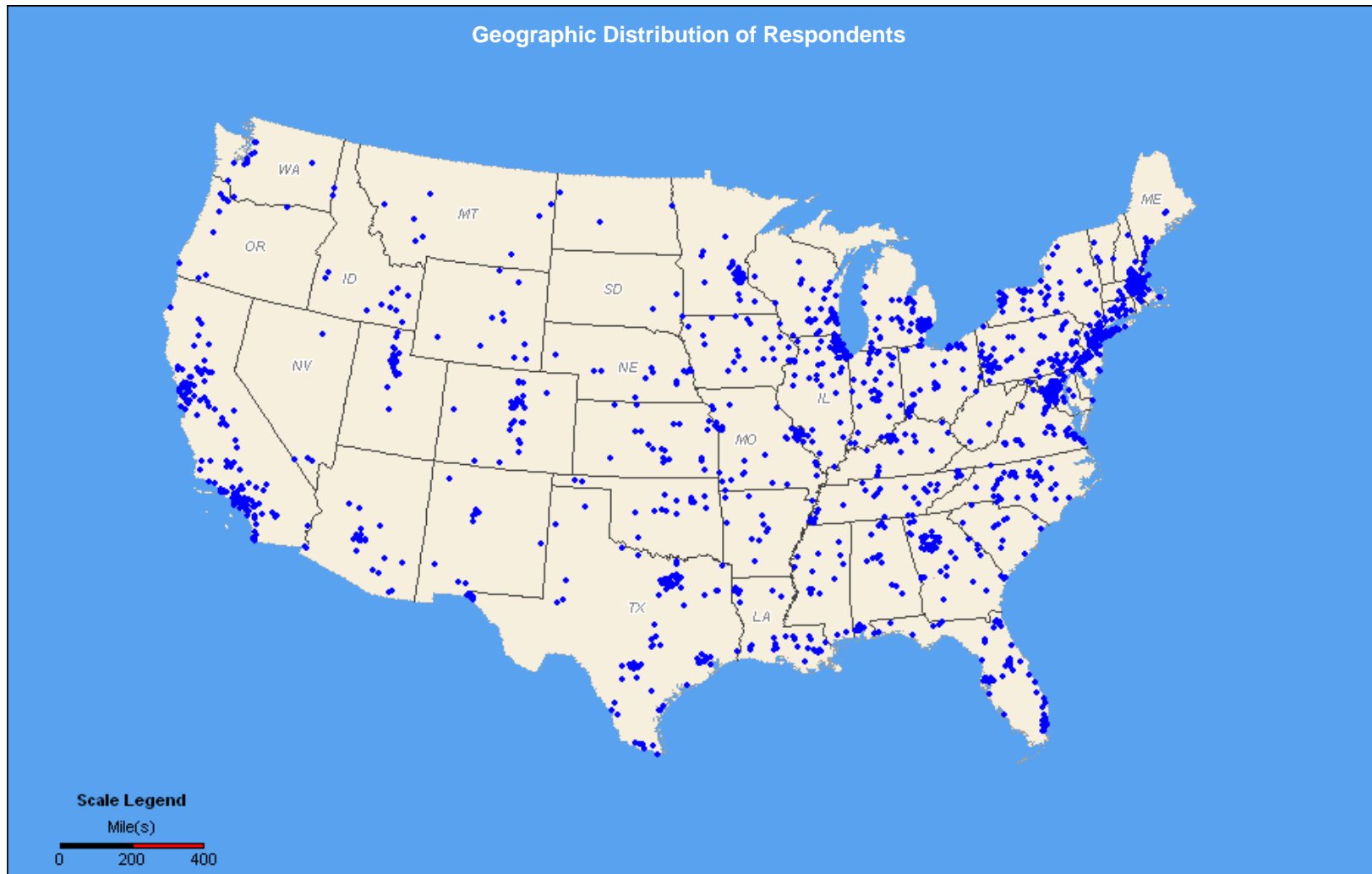
In survey research, the entire population is typically not interviewed, but rather a sample of that population is polled. Therefore, the data are subject to sampling error. The maximum sampling error of the data for the total sample of 1,602 interviews is ± 2.4 percentage points at the 95% confidence level. The sampling error will vary depending on the sample size and the percentages being examined in the sample.

The response rate for this study was 27% (number of completed interviews divided by the number of completed interviews plus the number of contacted households who refused participation or did not complete appointments, factored by the overall incidence of 22%).

Quotas	Completed Interviews	
	(number of respondents)	(%)
Gender		
Males	799	50%
Females	803	50%
Race		
White	974	61%
African-American	263	16%
Hispanic	292	18%
Other	59	4%
Refused	14	1%
Region		
Northeast	319	20%
Midwest	409	26%
South	562	35%
West	312	19%
TOTAL	1,602	100%

Methodology (continued)

The following map illustrates the geographic distribution of the respondents in the NSF 2006 *Sleep in America* poll, which is generally representative of the distribution of the U.S. population.



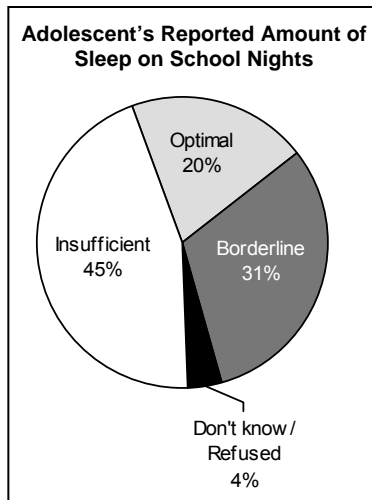
Summary of Findings

Sleep Behaviors/Habits

Adolescent's Reported Amount of Sleep on School Nights

The NSF 2006 *Sleep in America* poll indicates that, on average, adolescents get about seven and one-half hours of sleep on school nights (7.6 hours). However, the amount of sleep varies by grade, with adolescents tending to get less sleep as they get older (from 8.4 hours for 6th grade to 6.9 hours for 12th grade).

- Overall, 45% of adolescents get an insufficient amount of sleep on school nights (less than 8 hours).
- In addition, about three in ten (31%) get a borderline amount of sleep (8 to less than 9 hours). This leaves only 20% of adolescents getting the optimal amount of sleep (9 hours or more).
 - Specifically among 6th to 8th grade adolescents, about two in ten (21%) get an insufficient amount of sleep on school nights. Almost four in ten (38%) get a borderline amount of sleep, while 35% get an optimal amount of sleep.
 - The amount of sleep 9th to 12th grade adolescents get on school nights is markedly different than their younger counterparts. Specifically, about six in ten 9th to 12th grade adolescents (62%) get an insufficient amount of sleep on school nights. One-fourth (25%) get a borderline amount of sleep, while only about one in ten (9%) get an optimal amount of sleep.
- Those adolescents who get an insufficient amount of sleep on school nights are much more likely to experience consequences the following day, such as feeling too tired or sleepy, being cranky or irritable, falling asleep in school, having a depressed mood, and drinking caffeinated beverages. For more detail, please see the sleep profile on the following page.



Base = Total Adolescents (n=1,602)
C6

Adolescent's Reported Amount of Sleep on School Nights										
	Total	6 th – 8 th grade	6 th grade	7 th grade	8 th grade	9 th – 12 th grade	9 th grade	10 th grade	11 th grade	12 th grade
	n=	B	C	D	E	F	G	H	I	J
Net: Less than 9 hours	(1,602)	(710)	(228)	(238)	(244)	(892)	(233)	(239)	(221)	(199)
	75%	59%	49%	61% _C	67% _C	87% _B	78% _{CDE}	87% _{CDEG}	89% _{CDEG}	95% _{CDEGHI}
Insufficient (Less than 8 hours)	45	21	16	22	27 _C	62 _B	43 _{CDE}	63 _{CDEG}	67 _{CDEG}	75 _{CDEGH}
Borderline (8 to less than 9 hours)	31	38 _F	33 _{HIJ}	39 _{HIJ}	40 _{HIJ}	25	35 _{HIJ}	24	23	20
Optimal (9 or more hours)	20	35 _F	41 _{DEGHIJ}	32 _{GHIJ}	30 _{GHIJ}	9	17 _{IJ}	11 _{IJ}	6	3
Mean (# of hours)	7.6	8.2 _F	8.4 _{EGHIJ}	8.1 _{GHIJ}	8.1 _{GHIJ}	7.2	7.6 _{HIJ}	7.3 _{IJ}	7.0	6.9
Don't know/Refused	4	6 _F	9 _{EHIJ}	7 _{HJ}	3	3	5 _{HJ}	1	4	1

Base = Total Adolescents

Letters indicate significant differences at the 95% confidence level.

C6

Sleep Profile – Amount of Sleep Reported on School Nights

Amount of Sleep Reported on School Nights

	Insufficient (<u>< 8 hours</u>) B	Borderline (<u>8 - < 9 hours</u>) C	Optimal (<u>9 + hours</u>) D
	(699)	(493)	(336)
<u>Set bedtime on school nights</u>			
Yes	58%	78% _B	89% _{BC}
<u>Adult involved in waking adolescent on school days</u>			
Yes	62%	70% _B	74% _B
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	24%	24%	29%
10 to 29 minutes	43	55 _B	49
30 minutes or more	32 _{CD}	21	21
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	22% _{CD}	16% _D	7%
Borderline (8 to less than 9 hours)	28 _{CD}	16	15
Optimal (9 or more hours)	48	66 _B	75 _{BC}
Mean (# of hours)	8.5	9.0 _B	9.6 _{BC}
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	60%	78% _B	84% _{BC}
<u>Quality of adolescent's sleep</u>			
Fair/Poor	13% _{CD}	7%	4%
<u>"I had a good night's sleep"</u>			
Every night or almost every night	25%	51% _B	59% _{BC}
A few nights a month or less	32 _{CD}	15 _D	10
<u>Actual vs. minimum hours of sleep needed (school nights)</u>			
Get <u>less</u> sleep than needed	80% _{CD}	49% _D	26%
Get the <u>same</u> amount of sleep as needed	11	37 _B	35 _B
Get <u>more</u> sleep than needed	8	12 _B	38 _{BC}
<u>Lark or owl</u>			
Lark (Morning person)	26%	41% _B	44% _B
Owl (Evening person)	65 _{CD}	50	46

	Insufficient (<u>< 8 hours</u>) B	Borderline (<u>8 - < 9 hours</u>) C	Optimal (<u>9 + hours</u>) D
	(699)	(493)	(336)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	35% _{CD}	26%	23%
Difficulty staying asleep	21 _D	18	13
Fallen asleep in school	18 _{CD}	8 _D	3
Had trouble getting along with family	24 _{CD}	16	17
Felt too tired or sleepy during the day	44 _{CD}	25 _D	19
Fallen asleep while doing homework/studying	13 _{CD}	4	5
Felt cranky or irritable during the day	28 _{CD}	20 _D	13
Arrived late or missed school because you overslept	6	4	4
Felt too tired to do exercise or other physical activity	21 _{CD}	13 _D	7
Snored	15	18 _D	12
At risk for RLS	10 _{CD}	6	5
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	9% _C	5%	6%
Adolescent thinks has (Yes/Maybe)	24 _{CD}	11	7
<u>BMI</u>			
Underweight/Normal	69%	66%	69%
At risk for overweight	13	12	14
Overweight	14	14	11
<u>Depressive mood score*</u>			
10-<15	37%	50% _B	56% _B
15-<20	40 _D	38 _D	30
20-30	22 _{CD}	11	13
<u>5+ hours/week</u>			
Sports/Exercise	48%	51%	48%
Extracurricular activities	31 _{CD}	26	24
<u>Work at paying job</u>			
10+ hours/week	18% _{CD}	7% _D	3%
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	36% _{CD}	29% _D	22%
<u>Grades</u>			
As	25%	29%	34% _B
As and Bs/Bs	49	48	46
Bs and Cs or worse	25 _D	23	18

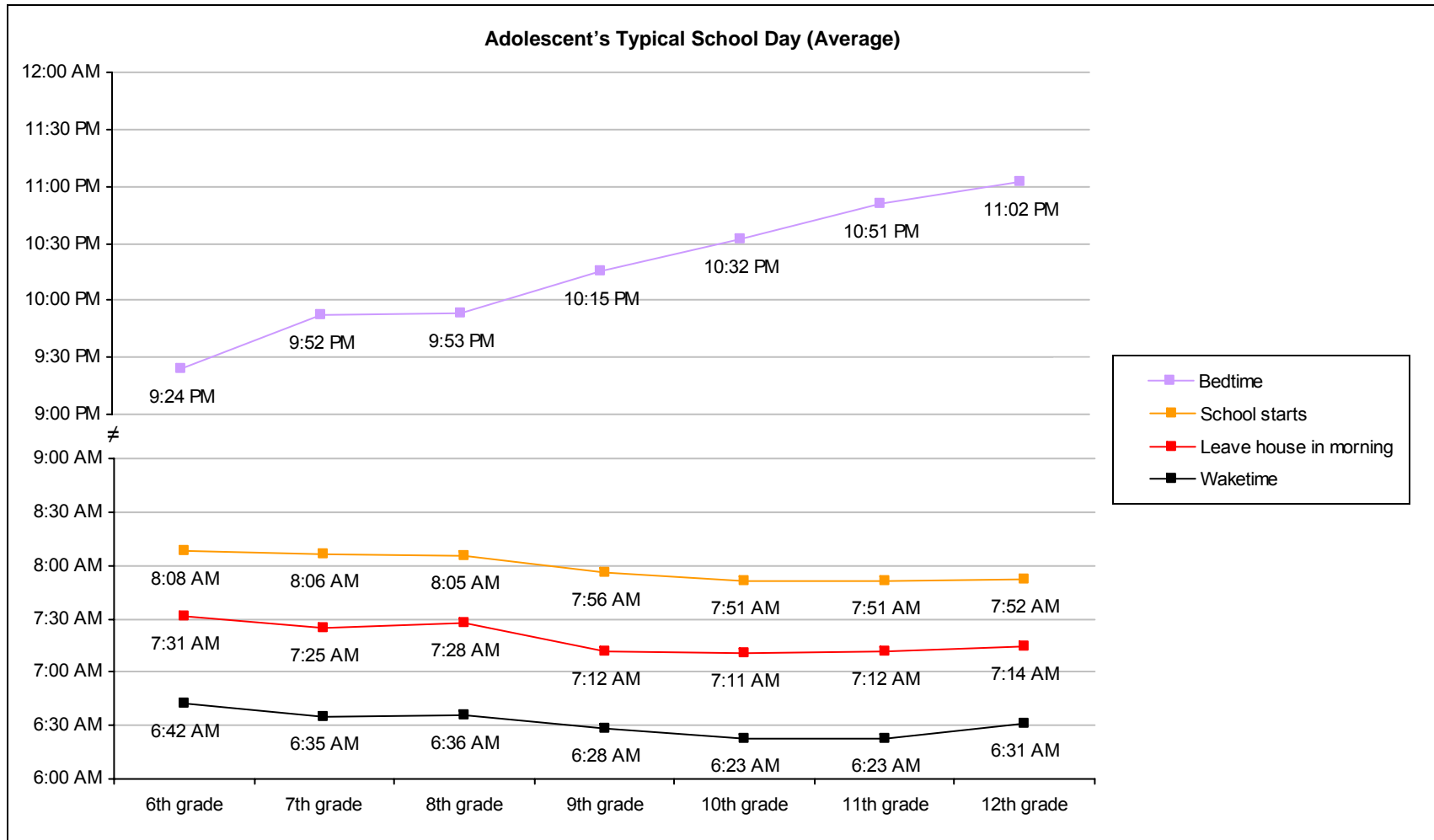
* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Adolescent's Typical School Day

The chart on the following page outlines the typical school day of an adolescent.

- On a typical school day, adolescents generally wake up around 6:30 am, regardless of grade (average between 6:23 am and 6:42 am, median between 6:16 am and 6:40 am).
- Middle school (6th to 8th grade) adolescents generally leave the house in the morning around 7:30 am (average between 7:25 am and 7:31 am, median at 7:30 am), while 9th to 12th grade adolescents leave slightly earlier, around 7:10 am (average between 7:11 am and 7:14 am, median at 7:12 am).
- For most adolescents, school begins around 8:00 am, with 6th to 8th grade adolescents having a typical school start time slightly after 8:00 am (average between 8:05 am and 8:08 am, median at 8:00 am) and 9th to 12th grade adolescents having a typical school start time slightly before 8:00 am (average between 7:51 am and 7:56 am, median between 7:45 am and 8:00 am).
- Actual bedtimes, as reported by the adolescents themselves, get later as adolescents age. While middle school (6th to 8th grade) adolescents generally go to bed between 9:30 pm and 10:00 pm (average between 9:24 pm and 9:53 pm, median between 9:11 pm and 10:01 pm). High school (9th to 12th grade) adolescents typically go to bed between 10:00 pm and 11:00 pm (average between 10:15 pm and 11:02 pm, median between 10:08 pm and 10:33 pm).
 - Among 6th to 8th grade adolescents, six in ten (60%) go to bed before 10:00 pm on school nights.
 - Among 9th to 12th grade adolescents, about four in ten (43%) go to bed between 10:00 pm and 10:59 pm, and 38% go to bed after 11:00 pm. About one-half(54%) of the 12th grade adolescents surveyed go to bed after 11:00 pm on school nights.

Adolescent's Typical School Day (continued)



C1 – Base = Total Adolescents (n=1,602)
 P15 – Base = Total Caregivers (n=1,602)
 P16 – Base = Total Caregivers (n=1,602)
 C4 – Base = Total Adolescents (n=1,602)

Adolescents' Reported Amount of Sleep on Non-School Nights

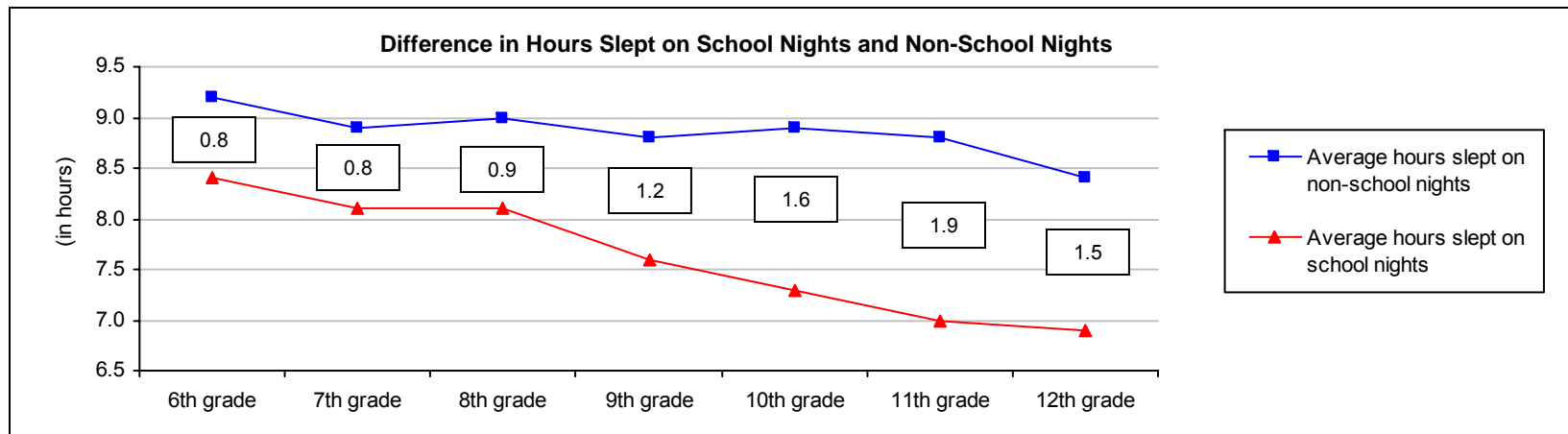
The NSF 2006 *Sleep in America* poll indicates that, on average, adolescents get about nine hours of sleep on non-school nights (8.9 hours), which is 1.3 hours more than they sleep on school nights. The amount of sleep on non-school nights varies by grade, with adolescents tending to get less sleep as they get older (from 9.2 hours in 6th grade to 8.4 hours in 12th grade).

- Overall, 17% of adolescents get an insufficient amount of sleep on non-school nights (less than 8 hours), and 21% get a borderline amount of sleep (8 to less than 9 hours). This leaves 57% of adolescents getting the optimal amount of sleep on non-school nights (9 hours or more).
- Adolescents are sleeping longer on non-school nights than on school nights. Most 6th to 8th grade adolescents are sleeping an average of 0.8 to 0.9 hours longer on non-school nights than on school nights. And, most 9th to 12th grade adolescents are sleeping between 1.2 and 1.9 hours longer on non-school nights.

	Adolescents' Reported Amount of Sleep on Non-School Nights									
	Total	6 th – 8 th grade			9 th – 12 th grade					
		6 th grade	7 th grade	8 th grade	9 th grade	10 th grade	11 th grade	12 th grade		
	n=	B	C	D	E	F	G	H	I	J
Net: Less than 9 hours	(1,602)	(710)	(228)	(238)	(244)	(892)	(233)	(239)	(221)	(199)
Insufficient (Less than 8 hours)	38%	33%	31%	34%	35%	41% _B	35%	35%	39%	55% _{CDEGHI}
Borderline (8 to less than 9 hours)	17	15	13	15	17	18	18	18	17	20 _C
Optimal (9 or more hours)	21	18	18	19	17	23 _B	17	17	22	35 _{CDEGHI}
Mean (# of hours on non-school nights)	57	61 _F	61 _J	59 _J	62 _J	55	59 _J	62 _J	56 _J	43
Mean (# of hours on school nights)	8.9	9.0 _F	9.2 _{GHIJ}	8.9 _J	9.0 _J	8.7	8.8 _J	8.9 _J	8.8 _J	8.4
Don't know/Refused	7.6	8.2 _F	8.4 _{EGHIJ}	8.1 _{GHIJ}	8.1 _{GHIJ}	7.2	7.6 _{HJI}	7.3 _J	7.0	6.9
	5	6 _F	8 _{HJ}	7 _{HJ}	4	4	5	3	5	2

Base = Total Adolescents

Letters indicate significant differences at the 95% confidence level.
C6/C10



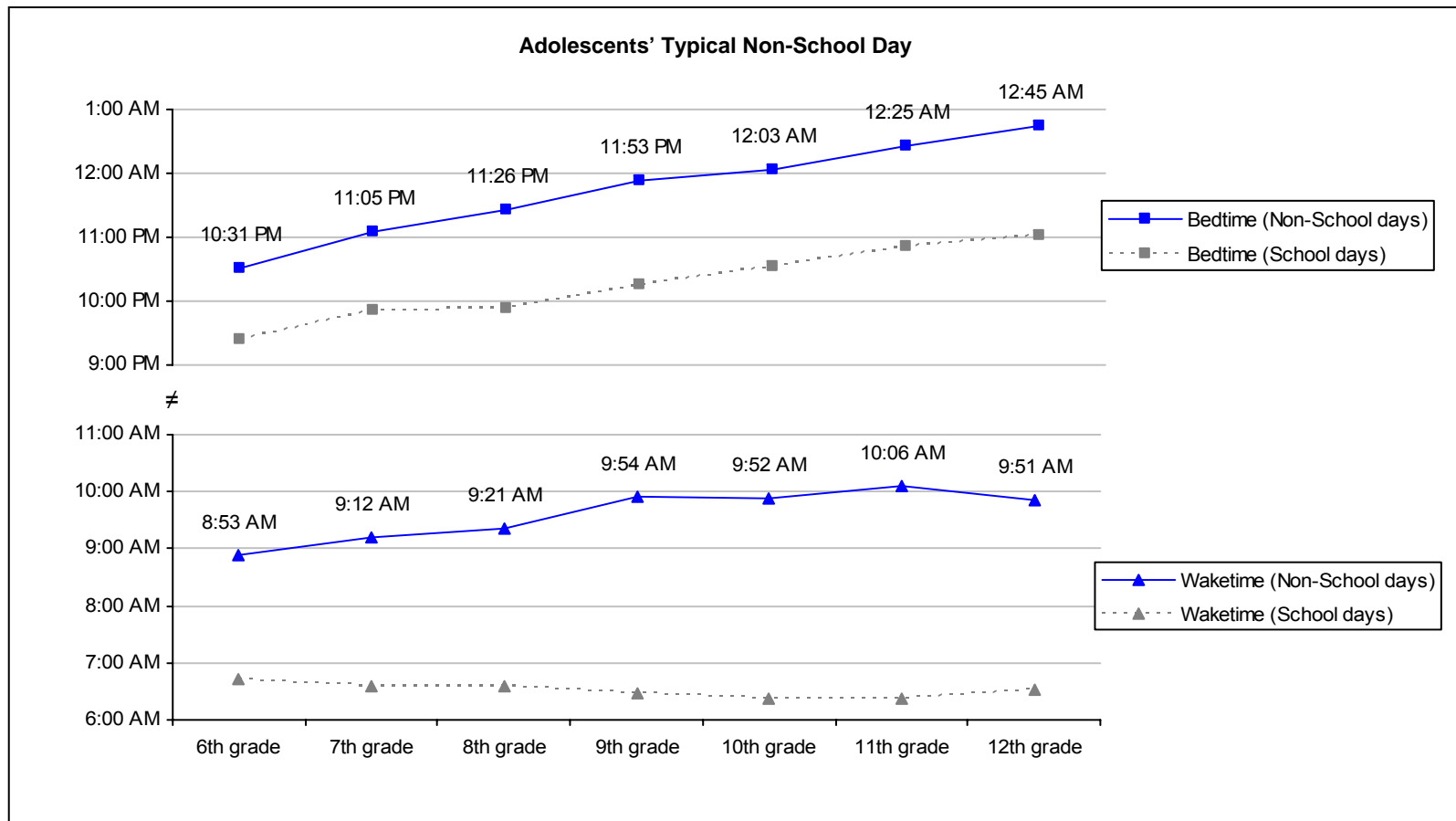
Base = Total Adolescents (n=1,602)

Letters indicate significant differences at the 95% confidence level.
C6/C10

Adolescents' Typical Non-School Day

The following chart outlines the typical non-school day of adolescents.

- The waketime of adolescents on non-school days gets later by age. Specifically, while 6th to 8th grade adolescents tend to awake closer to 9:00 am, 9th to 12th grade adolescents wake up later, typically around 10:00 am.
- While 6th to 8th grade adolescents generally go to bed on non-school days between 10:30 pm and 11:30 pm, 9th to 12th grade adolescents go to bed around Midnight or later.

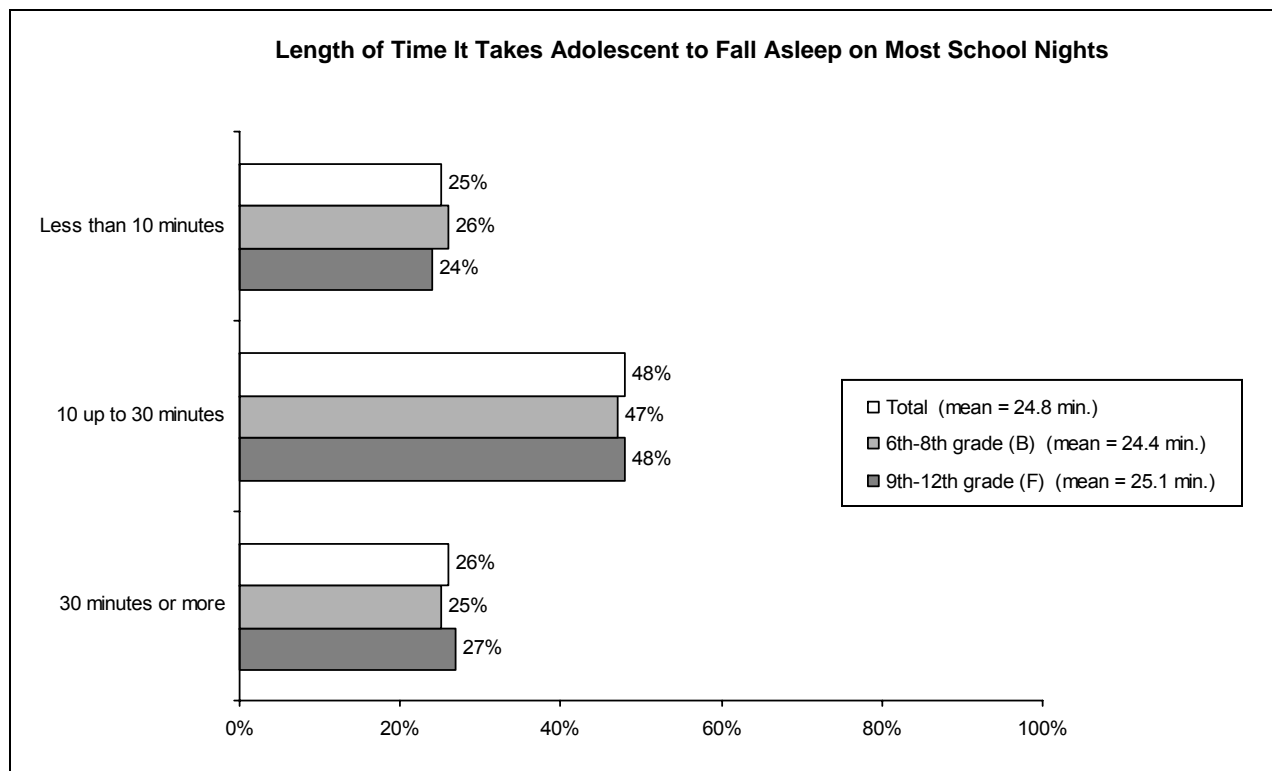


C1 – Base = Total Adolescents (n=1,602)
 C4 – Base = Total Adolescents (n=1,602)
 C7 – Base = Total Adolescents (n=1,602)
 C9 – Base = Total Adolescents (n=1,602)

Length of Time to Fall Asleep on School Nights

The NSF 2006 *Sleep in America* poll indicates that, on average, it takes adolescents about twenty-five minutes to fall asleep on most school nights (24.8 minutes).

- While one-fourth of adolescents (25%) fall asleep in less than ten minutes, about one-half (48%) take ten up to 30 minutes to fall asleep on school nights and the other one-fourth (26%) take 30 minutes or more.
- There are no differences in the length of time it takes adolescents to fall asleep on school nights by grade.



Base = Total Adolescents (n=1,602)

Don't know/Not sure = <1%; Depends/Varies = 1%

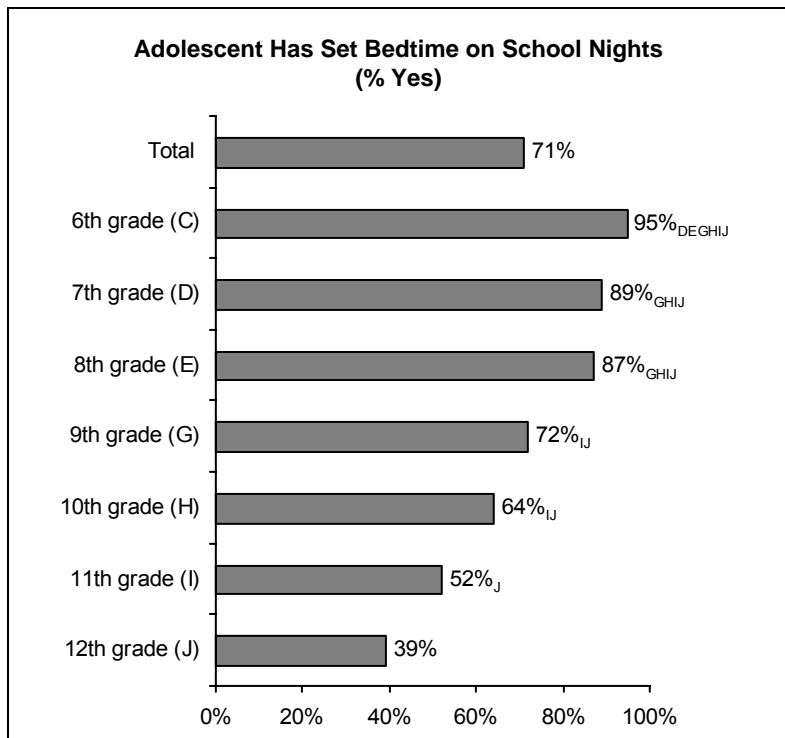
Letters indicate significant differences at the 95% confidence level.

C3

Set Bedtime on School Nights

The NSF 2006 *Sleep in America* poll indicates that about seven in ten caregivers of adolescents (71%) say that their adolescent has a set bedtime on school nights.

- The proportion of those having a set bedtime decreases as adolescents age (from 95% in 6th grade to 39% in 12th grade).
- While about one-half of those with a set bedtime have a bedtime before 10:00 pm (52%), a similar proportion report a set bedtime of 10:00 pm or later (48%).
- For the majority of 6th to 8th grade adolescents who have a set bedtime, it is before 10:00 pm (73%). For the majority of 9th to 12th grade adolescents who have a set bedtime, it is 10:00 pm or later (71%).
- Those adolescents who have a set bedtime, particularly one before 10:00 pm, have a much more positive sleep profile than those who do not have a set bedtime. Specifically, they get more sleep on school nights, they more often can say “I had a good night’s sleep,” and are less likely to experience problems related to sleepiness during their daily activities. For more detail, please see the sleep profile on the following page.

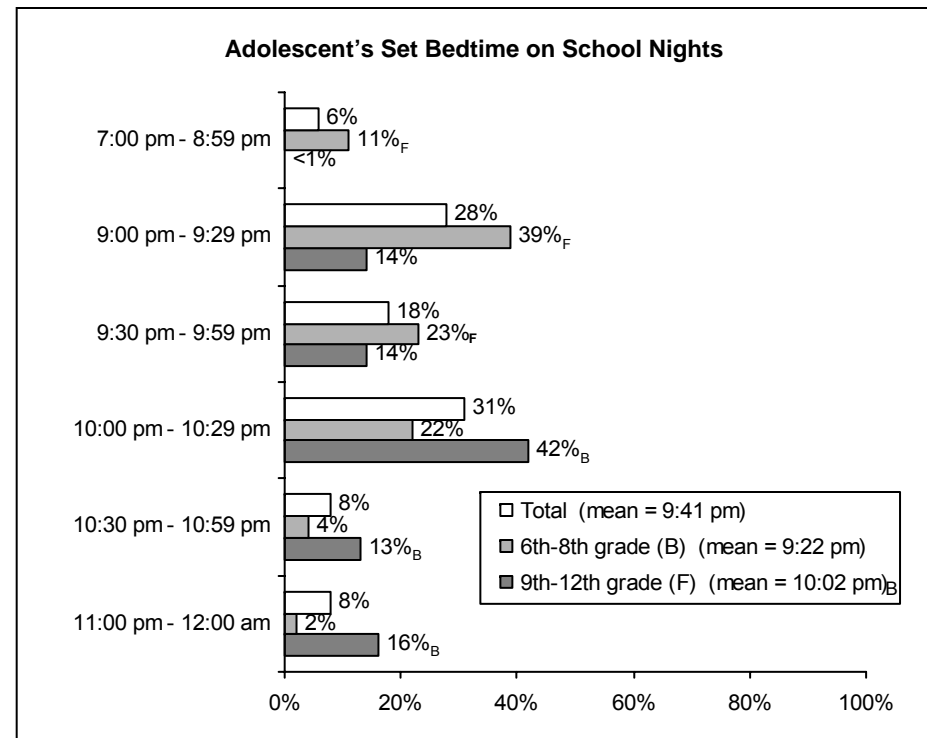


Base = Total Caregivers (n=1,602)

Don't know/Refused = <1%

Letters indicate significant differences at the 95% confidence level.

P8



Base = Those caregivers who set their adolescent's bedtime on school nights (n=1,159)

Don't know = <1%

Letters indicate significant differences at the 95% confidence level.

P8A

Sleep Profile – Adolescent Has a Set Bedtime on School Nights

Adolescent Has a Set Bedtime on School Nights

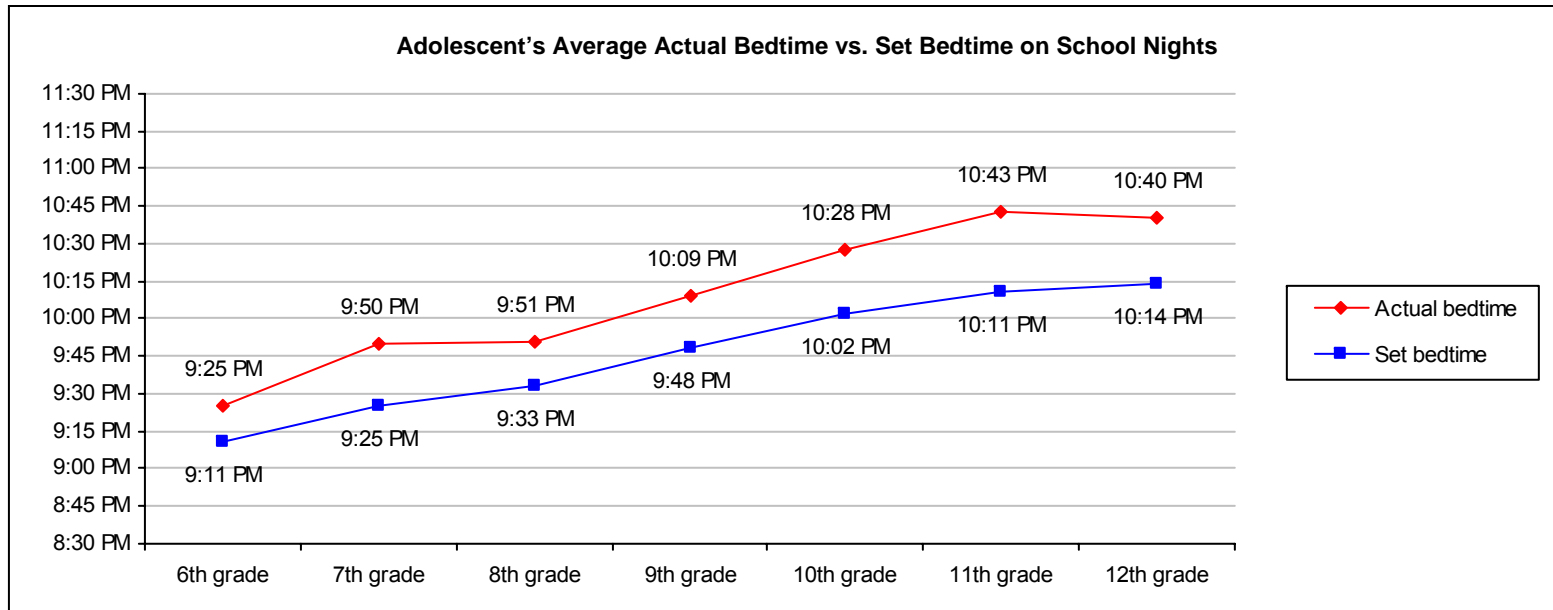
	No B	Before 10pm C	10pm or later D
	(435)	(610)	(548)
<u>Adult involved in waking adolescent on school days</u>			
Yes	57%	75% _{BD}	67% _B
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	30% _C	22%	24%
10 to 29 minutes	48	49	47
30 minutes or more	22	28 _B	28 _B
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	65% _{CD}	24%	50% _C
Borderline (8 to less than 9 hours)	23	34 _B	33 _B
Optimal (9 or more hours)	8	36 _{BD}	14 _B
Mean (# of hours)	7.1	8.2 _{BD}	7.5 _B
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	17%	14%	19% _C
Borderline (8 to less than 9 hours)	24	20	19
Optimal (9 or more hours)	54	59	58
Mean (# of hours)	8.8	9.0 _D	8.8
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	58%	84% _{BD}	68% _B
<u>Quality of adolescent's sleep</u>			
Fair/Poor	10%	8%	10%
<u>"I had a good night's sleep"</u>			
Every night or almost every night	28%	54% _{BD}	38% _B
A few nights a month or less	31 _{CD}	15	24 _C
<u>Actual vs. minimum hours of sleep needed (school nights)</u>			
Get <u>less</u> sleep than needed	65% _C	44%	61% _C
Get the <u>same</u> amount of sleep as needed	16	29 _{BD}	22 _B
Get <u>more</u> sleep than needed	13	19 _{BD}	13
<u>Lark or owl</u>			
Lark (Morning person)	25%	44% _{BD}	33% _B
Owl (Evening person)	65 _{CD}	47	58 _C

	No B	Before 10pm C	10pm or later D
	(435)	(610)	(548)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	30%	29%	30%
Difficulty staying asleep	19	20	17
Fallen asleep in school	16 _C	6	14 _C
Had trouble getting along with family	19	22	21
Felt too tired or sleepy during the day	39 _C	24	36 _C
Fallen asleep while doing homework/studying	15 _{CD}	5	8 _C
Felt cranky or irritable during the day	28 _C	16	25 _C
Arrived late or missed school because you overslept	6	3	7 _C
Felt too tired to do exercise or other physical activity	21 _C	13	16
Snored	15	15	16
At risk for RLS	9	8	7
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	8%	6%	6%
Adolescent thinks has (Yes/Maybe)	20 _C	13	16
<u>BMI</u>			
Underweight/Normal	71% _C	65%	69%
At risk for overweight	12	15	13
Overweight	11	14	14
<u>Depressive mood score*</u>			
10-<15	40%	51% _{BD}	45%
15-<20	40	34	36
20-30	20 _C	13	19 _C
<u>5+ hours/week</u>			
Sports/Exercise	49%	48%	49%
Extracurricular activities	30 _C	24	31 _C
<u>Work at paying job</u>			
10+ hours/week	21% _{CD}	3%	12% _C
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	36% _C	24%	35% _C
<u>Grades</u>			
As	30% _D	30% _D	23%
As and Bs/Bs	49	46	49
Bs and Cs or worse	20	24	27 _B

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Average Actual Bedtime vs. Set Bedtime on School Nights

When comparing when adolescents report going to bed to their set bedtime on school nights (as reported by their caregiver), adolescents are going to bed, on average, about thirty minutes later than their set bedtime.



Set Bedtime Base = Those caregivers who set their adolescent's bedtime on school nights (n=1,159)

Don't know = <1%

Actual Bedtime Base = Those adolescents who have a set bedtime on school nights (n=1,159)

Don't know = <1%

P8A/C1

Sleep Difference from School Nights to Non-School Nights

The time that adolescents reported going to bed on school nights was compared to the time that they reported going to bed on non-school nights to determine adolescents' sleep difference from school nights to non-school nights.

- As might be expected, the vast majority of adolescents go to sleep later on non-school nights than they do on school nights (88%), with 51% going to sleep on non-school nights within two hours of their school-night sleep time, and 37% going to sleep two or more hours later on non-school nights.
- High school (9th to 12th grade) adolescents tend to have a sleep difference of two hours or more on non-school nights than middle school (6th to 8th grade) adolescents (44% going to bed 2 or more hours later on non-school nights, compared to 26%).
- Those adolescents who go to bed earlier on non-school nights than on school nights are more likely to get insufficient sleep on school nights and to have a poor sleep profile. Those adolescents who go to bed two or more hours later on non-school nights than they do on school nights are more likely to report a poor sleep profile and experiences the consequences of poor sleep. For more detail, please see the sleep profile on the following page.

Sleep Difference from School Nights to Non-School Nights			
	<u>Total</u>	<u>6th – 8th grade</u>	<u>9th – 12th grade</u>
	n= (1,602)	(710) B	(892) F
Going to bed earlier	4%	4%	4%
Going to bed less than 2 hours later	51	60 _F	44
Going to bed 2 or more hours later	37	26	44 _B

Base = Total Adolescents

Don't know = 2%

Letters indicate significant differences at the 95% confidence level.

C1/C7

Sleep Profile – Sleep Difference From School Nights to Non-School Nights

Sleep Difference From School Nights to Non-School Nights

	Go to bed earlier B	Go to bed within < 2 hours later C	Go to bed 2 + hours later D
	(61)	(814)	(587)
<u>Set bedtime on school nights</u>			
Yes	62%	72%	70%
<u>Adult involved in waking adolescent on school days</u>			
Yes	75%	66%	66%
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	26%	26%	22%
10 to 29 minutes	30	52 _{BD}	45 _B
30 minutes or more	44 _C	21	33 _C
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	60% _C	39%	51% _C
Borderline (8 to less than 9 hours)	19	33 _B	29
Optimal (9 or more hours)	14	23 _{BD}	16
Mean (# of hours)	6.7	7.8 _{BD}	7.4 _B
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	16%	13%	24% _C
Borderline (8 to less than 9 hours)	21	19	23
Optimal (9 or more hours)	52	63 _D	49
Mean (# of hours)	9.1 _D	9.1 _D	8.5
Parent believes adolescent gets enough <u>sleep on school nights</u>			
Every night/Almost every night	56%	73% _B	70% _B
<u>Quality of adolescent's sleep</u>			
Fair/Poor	13%	7%	11% _C
<u>"I had a good night's sleep"</u>			
Every night or almost every night	26%	46% _{BD}	36%
A few nights a month or less	40 _C	17	28 _C
Actual vs. minimum hours of sleep needed (school nights)			
Get <u>less</u> sleep than needed	67% _C	52%	60% _C
Get the <u>same</u> amount of sleep as needed	9	26 _B	22 _B
Get <u>more</u> sleep than needed	15	17 _D	13
<u>Lark or owl</u>			
Lark (Morning person)	37%	38% _D	30%
Owl (Evening person)	59	53	62 _C

	Go to bed earlier B	Go to bed within < 2 hours later C	Go to bed 2 + hours later D
	(61)	(814)	(587)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	36%	26%	34% _C
Difficulty staying asleep	33 _{CD}	17	20
Fallen asleep in school	11	8	19 _C
Had trouble getting along with family	23	18	24 _C
Felt too tired or sleepy during the day	55 _{CD}	26	38 _C
Fallen asleep while doing homework/studying	22 _C	5	13 _C
Felt cranky or irritable during the day	36 _C	17	28 _C
Arrived late or missed school because you overslept	8	4	6
Felt too tired to do exercise or other physical activity	25 _C	13	19 _C
Snored	17	14	17
At risk for RLS	10	6	10 _C
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	8%	6%	8%
Adolescent thinks has (Yes/Maybe)	29 _C	12	20 _C
<u>BMI</u>			
Underweight/Normal	70%	71%	66%
At risk for overweight	9	12	15
Overweight	15	13	14
<u>Depressive mood score*</u>			
10-<15	36%	50% _{BD}	39%
15-<20	37	35	41 _C
20-30	28 _C	15	19 _C
<u>5+ hours/week</u>			
Sports/Exercise	43%	50%	48%
Extracurricular activities	31	29	26
<u>Work at paying job</u>			
10+ hours/week	11%	9%	14% _C
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	38%	27%	38% _C
<u>Grades</u>			
As	22%	31% _D	22%
As and Bs/Bs	42	49	49
Bs and Cs or worse	36 _C	19	29 _C

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Sleep Profile – Sleep Difference From School Nights to Non-School Nights

Sleep Difference From School Nights to Non-School Nights – 9th to 12th grade

	Go to bed earlier B	Go to bed within < 2 hours later C	Go to bed 2+ hours later D
	(36)	(444)	(394)
<u>Set bedtime on school nights</u>			
Yes	41%	55%	60% _B
<u>Adult involved in waking adolescent on school days</u>			
Yes	69%	58%	61%
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	22%	27% _D	21%
10 to 29 minutes	32	50 _B	48
30 minutes or more	45 _C	22	31 _C
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	81% _{CD}	61%	62%
Borderline (8 to less than 9 hours)	11	26 _B	26 _B
Optimal (9 or more hours)	6	10	9
Mean (# of hours)	6.1	7.3 _{BD}	7.1 _B
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	13%	13%	25% _C
Borderline (8 to less than 9 hours)	24	22	23
Optimal (9 or more hours)	56	59 _D	50
Mean (# of hours)	9.3 _D	9.0 _D	8.5
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	40%	64% _B	65% _B
<u>Quality of adolescent's sleep</u>			
Fair/Poor	17%	10%	12%
<u>"I had a good night's sleep"</u>			
Every night or almost every night	10%	34% _B	32% _B
A few nights a month or less	54 _{CD}	24	31 _C
<u>Actual vs. minimum hours of sleep needed (school nights)</u>			
Get <u>less</u> sleep than needed	84% _{CD}	61%	66%
Get the <u>same</u> amount of sleep as needed	-	21	19
Get <u>more</u> sleep than needed	10	13	11
<u>Lark or owl</u>			
Lark (Morning person)	19%	30%	28%
Owl (Evening person)	74	59	64

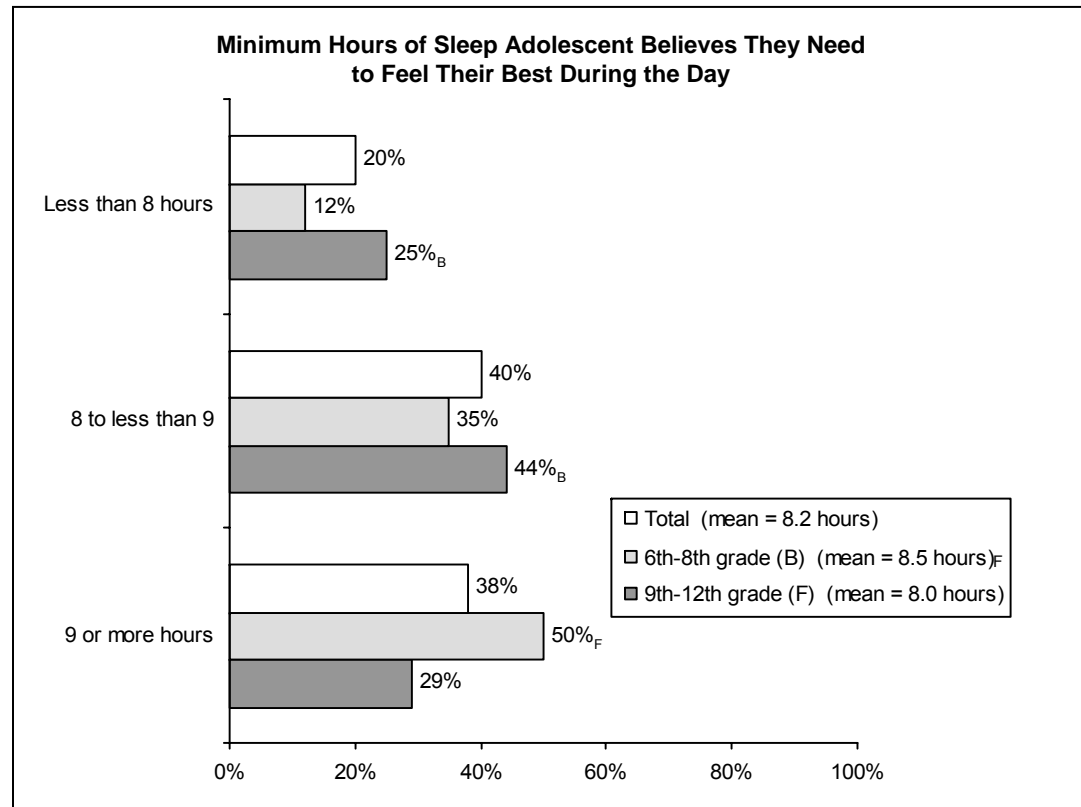
	Go to bed earlier B	Go to bed within < 2 hours later C	Go to bed 2+ hours later D
	(36)	(444)	(394)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	48% _C	27%	35% _C
Difficulty staying asleep	33	18	20
Fallen asleep in school	16	14	23 _C
Had trouble getting along with family	31	18	23
Felt too tired or sleepy during the day	67 _{CD}	35	41
Fallen asleep while doing homework/studying	34 _{CD}	8	15 _C
Felt cranky or irritable during the day	49 _{CD}	22	31 _C
Arrived late or missed school because you overslept	9	5	6
Felt too tired to do exercise or other physical activity	27	19	19
Snored	9	12	17
At risk for RLS	14	7	10
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	5%	8%	9%
Adolescent thinks has (Yes/Maybe)	36 _C	13	22 _C
<u>BMI</u>			
Underweight/Normal	76%	72%	70%
At risk for overweight	11	11	13
Overweight	12	12	12
<u>Depressive mood score*</u>			
10-<15	19%	43% _{BD}	37% _B
15-<20	36	38	41
20-30	45 _{CD}	19	22
<u>5+ hours/week</u>			
Sports/Exercise	38%	48%	49%
Extracurricular activities	40	34	29
<u>Work at paying job</u>			
10+ hours/week	16%	18%	20%
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	33%	30%	42% _C
<u>Grades</u>			
As	23%	28% _D	21%
As and Bs/Bs	48	50	50
Bs and Cs or worse	30	21	28 _C

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Minimum Hours of Sleep Needed to Feel One's Best

The NSF 2006 *Sleep in America* poll indicates that, on average, adolescents believe that they need about eight hours of sleep (8.2 hours) to feel their best during the day.

- Specifically, 38% of the adolescents feel they need nine or more hours of sleep to feel their best, while 40% feel they need eight to less than nine hours, and 20% feel they need less than eight hours to feel their best.
- In fact, while 78% of adolescents said they need at least 8 hours of sleep to feel their best during the day, only 51% actually reported getting 8 hours or more of sleep on school nights.
 - Middle school (6th to 8th grade) adolescents reported needing more sleep, on average, than 9th to 12th grade adolescents (8.5 hours vs. 8.0 hours).
 - In fact, one-half (50%) of 6th to 8th grade adolescents reported needing nine or more hours of sleep to feel their best, while only about three in ten 9th to 12th grade adolescents (29%) reported needing nine or more hours.



Base = Total Adolescents (n=1,602)

Don't know/Refused = 2%

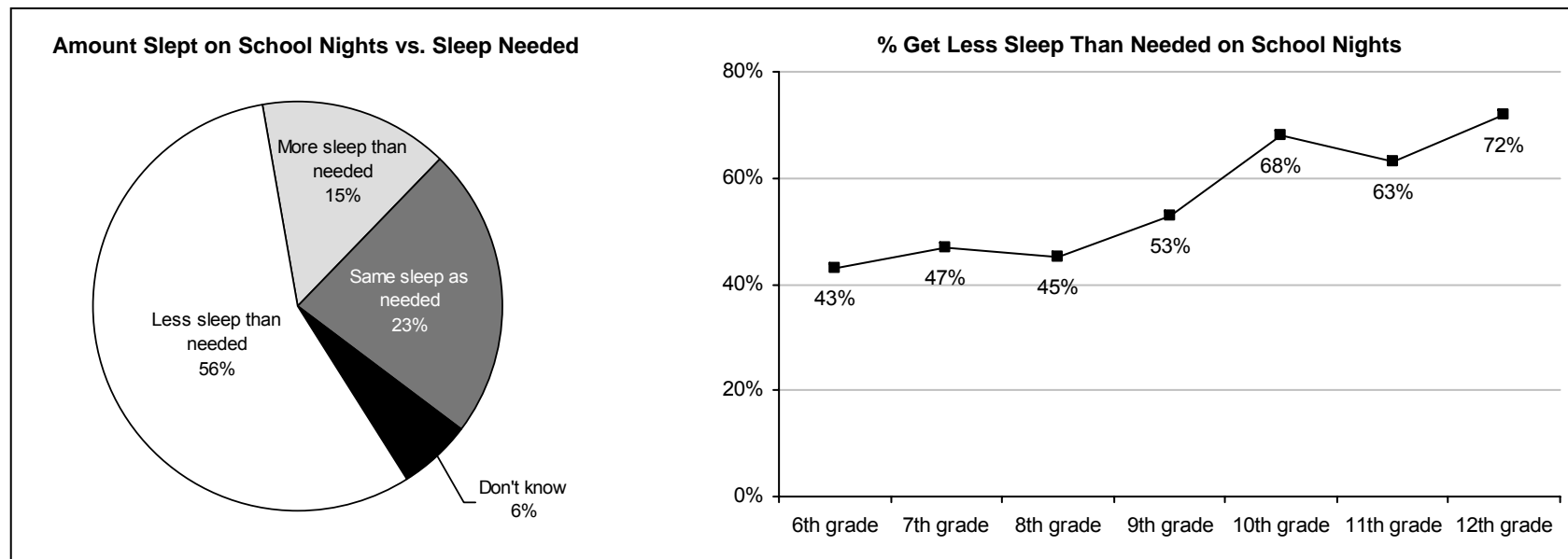
Letters indicate significant differences at the 95% confidence level.

C13

Adolescents Do/Do Not Get Enough Sleep

The amount of sleep adolescents reported getting on school nights was compared to the amount of sleep they think they need to feel their best during the day.

- The NSF 2006 *Sleep in America* poll indicates that while more than one-half of adolescents (56%) get less sleep than they think they need to feel their best, 23% get the same sleep as they think they need to feel their best, and 15% get more sleep than they think they need to feel their best.
- The proportion of those adolescents who get less sleep than they think they need to feel their best during the day increases as adolescents age (from 43% in 6th grade to 72% in 12th grade).
- Those adolescents who get less sleep on school nights than they need to feel their best are more likely to be night owls, to think they have a sleep problem, and to have sleep consequences, such as feeling cranky or irritable, feeling too tired to do exercise or other physical activities, and to have trouble getting along with their family. For more detail, please see the sleep profile on page 64 of the Summary of Findings.

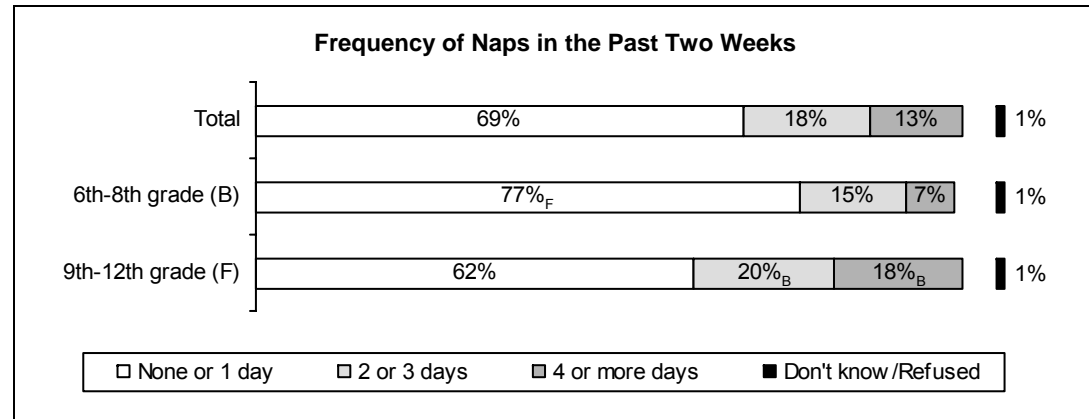


Base = Total Adolescents (n=1,602)
C6/C13

Frequency of Naps in the Past Two Weeks

The NSF 2006 *Sleep in America* poll indicates that about three in ten adolescents (31%) reported taking two or more naps in the past two weeks. About seven in ten adolescents (69%) took no naps or only one nap in the past two weeks.

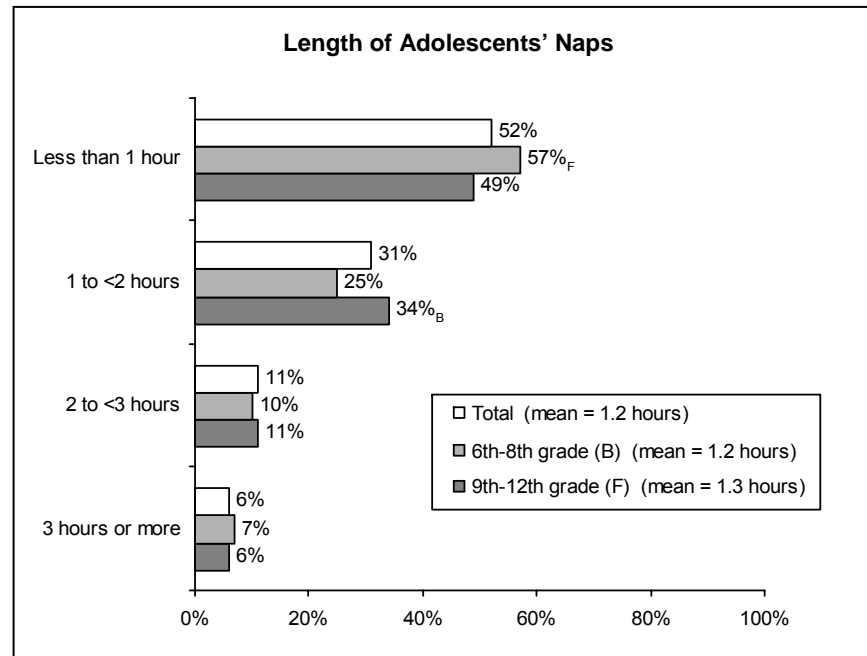
- High school (9th to 12th grade) adolescents are more likely to say that they took at least two naps in the past two weeks (38% vs. 22%) than middle school (6th to 8th grade) adolescents.
- Those adolescents who took at least one nap in the last two weeks napped, on average, for about one hour (1.2 hours). In fact, 17% took naps that lasted two hours or more.
- Those adolescents who took two or more naps in the past two weeks are more likely to get an insufficient amount of sleep on school nights, and to experience the consequences of not getting enough sleep than those who took no naps or only one nap. For more detail, please see the sleep profile on the following page.



Base = Total Adolescents (n=1,602)

Letters indicate significant differences at the 95% confidence level.

C11



Base = Those adolescents who took at least one nap in the past two weeks (n=694)

Letters indicate significant differences at the 95% confidence level.

C12

Sleep Profile – Frequency of Naps

Frequency of Naps

	<u>None/One</u> B	<u>2+</u> C
	(1097)	(492)
<u>Set bedtime on school nights</u>		
Yes	76% _C	62%
<u>Adult involved in waking adolescent on school days</u>		
Yes	68%	64%
<u>Length of time taken to fall asleep on school nights</u>		
Less than 10 minutes	25%	25%
10 to 29 minutes	48	47
30 minutes or more	27	26
<u>Hours slept on school nights</u>		
Insufficient (Less than 8 hours)	40%	55% _B
Borderline (8 to less than 9 hours)	32 _C	27
Optimal (9 or more hours)	23 _C	13
Mean (# of hours)	7.8 _C	7.3
<u>Hours slept on non-school nights</u>		
Insufficient (Less than 8 hours)	16%	19%
Borderline (8 to less than 9 hours)	21	21
Optimal (9 or more hours)	59	55
Mean (# of hours)	8.9	8.8
<u>Parent believes adolescent gets enough sleep on school nights</u>		
Every night/Almost every night	73% _C	66%
<u>Quality of adolescent's sleep</u>		
Fair/Poor	9%	10%
<u>"I had a good night's sleep"</u>		
Every night or almost every night	43% _C	36%
A few nights a month or less	21	25
<u>Actual vs. minimum hours of sleep needed (school nights)</u>		
Get <u>less</u> sleep than needed	52%	66% _B
Get the <u>same</u> amount of sleep as needed	26 _C	17
Get <u>more</u> sleep than needed	16 _C	12
<u>Lark or owl</u>		
Lark (Morning person)	35%	33%
Owl (Evening person)	55	60 _B

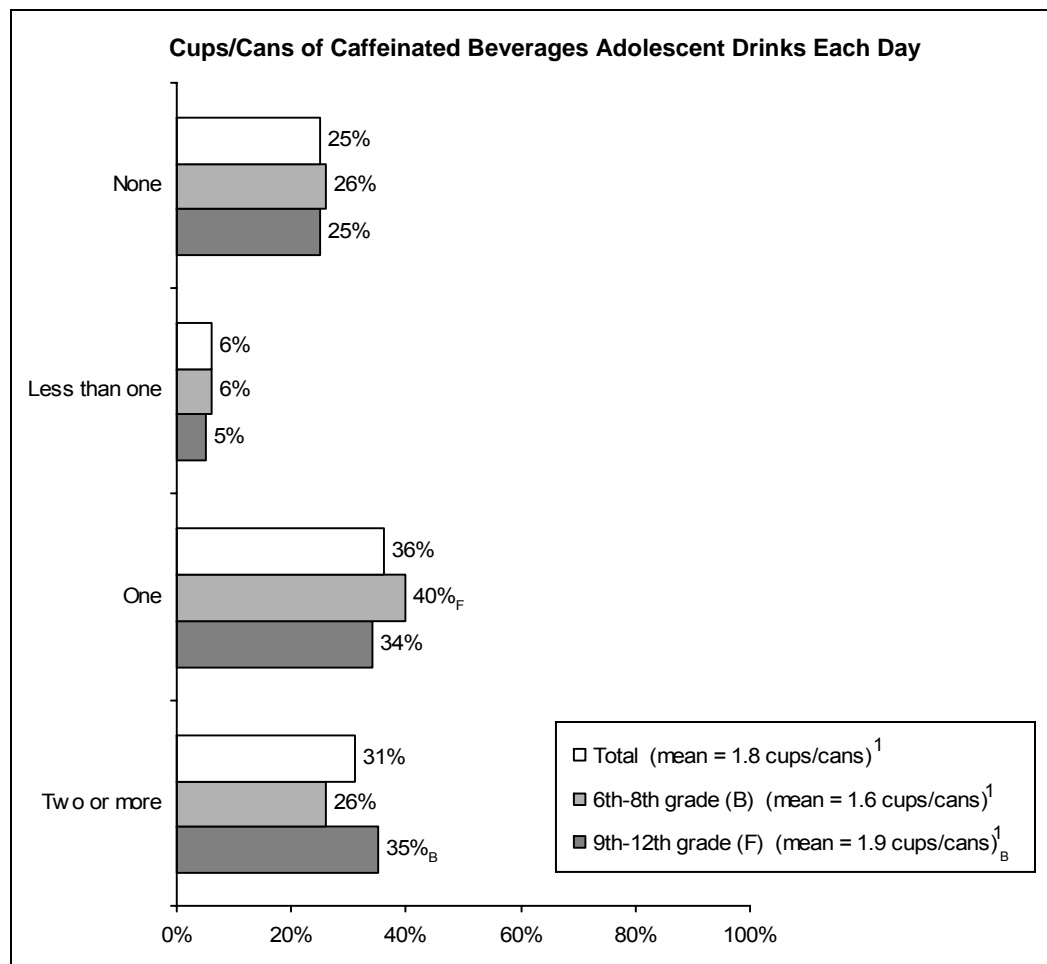
	<u>None/One</u> B	<u>2+</u> C
	(1097)	(492)
<u>At least a few days/nights a week</u>		
Difficulty falling asleep	30%	30%
Difficulty staying asleep	17	23 _B
Fallen asleep in school	7	22 _B
Had trouble getting along with family	18	25 _B
Felt too tired or sleepy during the day	29	40 _B
Fallen asleep while doing homework/studying	6	15 _B
Felt cranky or irritable during the day	19	29 _B
Arrived late or missed school because you overslept	4	7 _B
Felt too tired to do exercise or other physical activity	13	24 _B
Snored	15	16
At risk for RLS	6	12 _B
<u>Sleep problem</u>		
Parent thinks adolescent has (Yes)	6%	8%
Adolescent thinks has (Yes/Maybe)	13	22 _B
<u>BMI</u>		
Underweight/Normal	68%	69%
At risk for overweight	14	12
Overweight	13	14
<u>Depressive mood score*</u>		
10-<15	51% _C	35%
15-<20	34	42 _B
20-30	15	23 _B
<u>5+ hours/week</u>		
Sports/Exercise	49%	47%
Extracurricular activities	26	31 _B
<u>Work at paying job</u>		
10+ hours/week	9%	15% _B
<u>Drink caffeinated beverages</u>		
2+ cups/cans per day	29%	37% _B
<u>Grades</u>		
As	30% _C	22%
As and Bs/Bs	48	48
Bs and Cs or worse	22	29 _B

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Caffeine Intake Each Day

Each adolescent was asked how many cups or cans of caffeinated beverages, such as soda, energy drinks, coffee, tea, iced coffee, or iced tea they typically drink each day.

- Three-fourths of adolescents (75%) drink a caffeinated beverage in a typical day.
- About three in ten adolescents (31%) drink two or more cups or cans a day.
- On average, those adolescents who drink at least one cup or can of caffeinated beverage each day drink about two cups/cans each day (1.8).
- Those adolescents who drink two or more cups/cans of caffeinated beverages each day are more likely to get an insufficient amount of sleep on school nights, think they have a sleep problem, and have sleep problems related to sleepiness than those who drink one cup/can or less. For more detail, please see the sleep profile on the following page.



Base = Total Adolescents (n=1,602)

¹Base = Those adolescents who drink at least one cup/can of caffeinated beverage each day

Don't know/Refused = 2%

Letters indicate significant differences at the 95% confidence level.

C25

Sleep Profile – Cups/Cans of Caffeinated Beverages Consumed Each Day

Cups/Cans of Caffeinated Beverages Consumed Each Day

	0/Less than one B	One C	Two or more D
	(486)	(585)	(503)
<u>Set bedtime on school nights</u>			
Yes	72%	74% _D	67%
<u>Adult involved in waking adolescent on school days</u>			
Yes	64%	69%	67%
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	26%	24%	25%
10 to 29 minutes	53 _D	49 _D	42
30 minutes or more	20	27 _B	32 _B
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	41%	42%	52% _{BC}
Borderline (8 to less than 9 hours)	31	33	29
Optimal (9 or more hours)	24 _D	21 _D	14
Mean (# of hours)	7.8 _D	7.7 _D	7.3
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	15%	18%	19%
Borderline (8 to less than 9 hours)	21	22	20
Optimal (9 or more hours)	60	57	57
Mean (# of hours)	9.0	8.8	8.8
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	73%	69%	70%
<u>Quality of adolescent's sleep</u>			
Fair/Poor	9%	7%	12% _C
<u>"I had a good night's sleep"</u>			
Every night or almost every night	45% _D	40%	38%
A few nights a month or less	22	22	24
<u>Actual vs. minimum hours of sleep needed (school nights)</u>			
Get <u>less</u> sleep than needed	53%	57%	60% _B
Get the <u>same</u> amount of sleep as needed	23	24	21
Get <u>more</u> sleep than needed	18 _{CD}	13	13
<u>Lark or owl</u>			
Lark (Morning person)	40% _{CD}	32%	32%
Owl (Evening person)	50	59 _B	60 _B

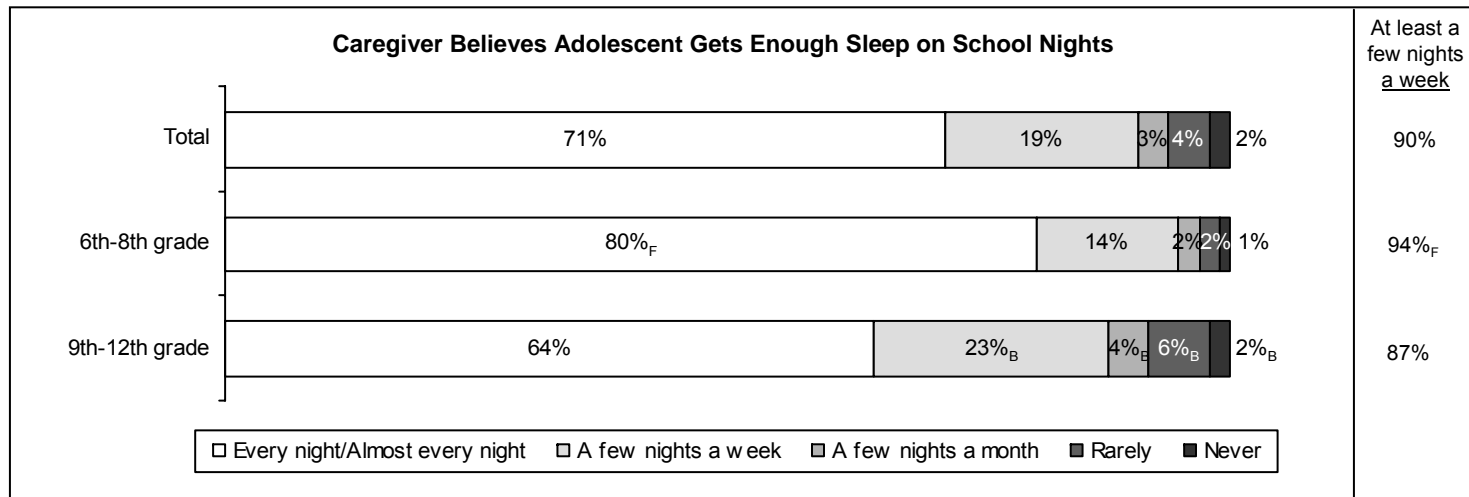
	0/Less than one B	One C	Two or more D
	(486)	(585)	(503)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	28%	30%	31%
Difficulty staying asleep	15	19	21 _B
Fallen asleep in school	8	12 _B	15 _B
Had trouble getting along with family	20	21	21
Felt too tired or sleepy during the day	31	31	36
Fallen asleep while doing homework/studying	9	7	11 _C
Felt cranky or irritable during the day	18	24 _B	25 _B
Arrived late or missed school because you overslept	4	6	5
Felt too tired to do exercise or other physical activity	17	15	17
Snored	12	14	19 _{BC}
At risk for RLS	7	7	10
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	6%	5%	9% _C
Adolescent thinks has (Yes/Maybe)	12	15	19 _B
<u>BMI</u>			
Underweight/Normal	73% _{CD}	66%	66%
At risk for overweight	11	15 _B	13
Overweight	11	13	16 _B
<u>Depressive mood score*</u>			
10-<15	47%	47%	42%
15-<20	37	35	39
20-30	16	17	18
<u>5+ hours/week</u>			
Sports/Exercise	48%	50%	47%
Extracurricular activities	33 _C	23	28
<u>Work at paying job</u>			
10+ hours/week	9%	9%	15% _{BC}
<u>Grades</u>			
As	34% _{CD}	28% _D	21%
As and Bs/Bs	49	47	47
Bs and Cs or worse	15	24 _B	31 _{BC}

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Caregiver Believes Adolescent Gets Enough Sleep on School Nights

The majority of caregivers (90%) believe that their adolescent gets enough sleep at least a few nights a week on school nights, with caregivers of 6th to 8th grade adolescents more likely than those of 9th to 12th grade adolescents to believe this (94% vs. 87%).

- About seven in ten caregivers (71%) believe that their adolescent gets enough sleep every night or almost every night on school nights, with caregivers of 6th to 8th grade adolescents more likely than those of 9th to 12th grade adolescents to believe this (80% vs. 64%).
- These findings are in sharp contrast to the finding that only 20% of adolescents average the optimal 9 hours or more of sleep at night, and 56% of adolescents believe that they get less sleep than they need.



Base = Total Caregivers (n=1,602)

Don't know = <1%

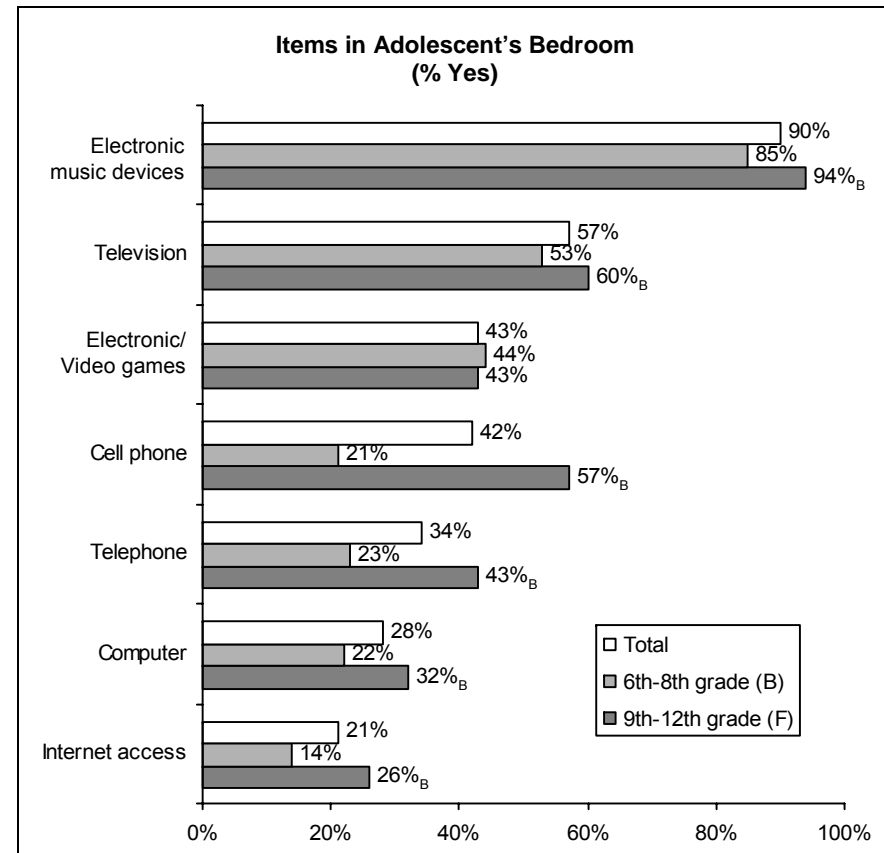
Letters indicate significant differences at the 95% confidence level.

P10

Items in Adolescent's Bedroom

Each caregiver was asked about a series of seven items that their adolescent may have in their bedroom, including electronic music devices, a television, electronic/video games, a cell phone, a telephone, a computer, and Internet access. The NSF 2006 *Sleep in America* poll indicates that the majority of adolescents (97%) have at least one of these items in their bedroom. The median number of these items in an adolescent's bedroom is 3.

- Nine in ten adolescents (90%) have electronic music devices, such as a radio or Mp3 player, in their bedroom.
- More than one-half of adolescents (57%) have a television in their bedroom.
- About four in ten have electronic or video games (43%) and/or a cell phone (42%) in their bedroom.
- About one-third of adolescents (34%) have a regular telephone in their bedroom.
- Less than three in ten adolescents have a computer (28%) and/or Internet access (21%) in their bedroom.
- As adolescents age, the number of items in their bedroom tends to increase (from a median of 2.0 items in 6th grade to 4.0 items in 12th grade). Specifically, 9th-12th grade adolescents are more likely than 6th-8th grade adolescents to have the following items in their bedroom:
 - Cell phone (57% vs. 21%);
 - Telephone (43% vs. 23%);
 - Internet access (26% vs. 14%);
 - Computer (32% vs. 22%);
 - Electronic music devices (94% vs. 85%); and/or
 - Television (60% vs. 53%).



Base = Total Caregivers (n=1,602)

Letters indicate significant differences at the 95% confidence level.

P7

Sleep Profile – Number of Items in Adolescent’s Bedroom

Number of Items in Adolescent’s Bedroom

	0-3 B	4+ C
	(975)	(627)
<u>Set bedtime on school nights</u>		
Yes	77% _C	62%
<u>Adult involved in waking adolescent on school days</u>		
Yes	71% _C	62%
<u>Length of time taken to fall asleep on school nights</u>		
Less than 10 minutes	25%	25%
10 to 29 minutes	49	46
30 minutes or more	25	28
<u>Hours slept on school nights</u>		
Insufficient (Less than 8 hours)	37%	56% _B
Borderline (8 to less than 9 hours)	33 _C	26
Optimal (9 or more hours)	25 _C	13
Mean (# of hours)	7.8 _C	7.3
<u>Hours slept on non-school nights</u>		
Insufficient (Less than 8 hours)	15%	19% _B
Borderline (8 to less than 9 hours)	20	21
Optimal (9 or more hours)	60 _C	54
Mean (# of hours)	9.0 _C	8.7
Parent believes adolescent gets enough sleep on school nights		
Every night/Almost every night	73% _C	68%
<u>Quality of adolescent’s sleep</u>		
Fair/Poor	9%	10%
<u>“I had a good night’s sleep”</u>		
Every night or almost every night	46% _C	34
A few nights a month or less	18	29 _B
Actual vs. minimum hours of sleep needed (school nights)		
Get <u>less</u> sleep than needed	53%	61% _B
Get the <u>same</u> amount of sleep as needed	26 _C	20
Get <u>more</u> sleep than needed	16	13
<u>Lark or owl</u>		
Lark (Morning person)	37% _C	31%
Owl (Evening person)	53	61 _B

	0-3 B	4+ C
	(975)	(627)
<u>At least a few days/nights a week</u>		
Difficulty falling asleep	29%	31%
Difficulty staying asleep	18	20
Fallen asleep in school	9	17 _B
Had trouble getting along with family	21	19
Felt too tired or sleepy during the day	30	36 _B
Fallen asleep while doing homework/studying	7	12 _B
Felt cranky or irritable during the day	21	24
Arrived late or missed school because you overslept	5	6
Felt too tired to do exercise or other physical activity	15	19 _B
Snored	13	18 _B
At risk for RLS	8	8
<u>Sleep problem</u>		
Parent thinks adolescent has (Yes)	6%	8%
Adolescent thinks has (Yes/Maybe)	13	21 _B
<u>BMI</u>		
Underweight/Normal	70%	66%
At risk for overweight	13	14
Overweight	12	15
<u>Depressive mood score</u>		
10-<15	49% _C	41%
15-<20	35	39
20-30	15	20 _B
<u>5+ hours/week</u>		
Sports/Exercise	50%	46%
Extracurricular activities	28	28
<u>Work at paying job</u>		
10+ hours/week	8%	16% _B
<u>Drink caffeinated beverages</u>		
2+ cups/cans per day	25%	41% _B
<u>Grades</u>		
As	31% _C	23%
As and Bs/Bs	47	49
Bs and Cs or worse	22	27 _B

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Activities Performed Within an Hour of Going to Bed on School Nights

All of the adolescents were asked how often they performed various activities within an hour of going to bed on school nights within the last two weeks, using a scale of every night/almost every night, a few nights a week, a few nights a month, rarely or never.

- Most frequently, adolescents watched television (76%), followed by doing homework or studying (65%).
- About two in five adolescents instant messaged or went on the Internet (44%), read for fun (41%), and/or talked on the phone (40%).
- About one-third of the adolescents surveyed exercised (32%) and about one-fourth played electronic or video games (26%).
- High school (9th to 12th grade) adolescents are more likely than 6th to 8th grade adolescents to have done the following activities: instant messaged/went on the Internet (54% vs. 30%), talked on the phone (50% vs. 27%), and/or did homework or studied (70% vs. 58%). Meanwhile, 6th to 8th grade adolescents are more likely than 9th to 12th grade adolescents to have read for fun (49% vs. 35%), and/or played electronic/video games (29% vs. 24%).
- Male adolescents are more likely than their female counterparts to have played electronic/video games (40% vs. 12%), exercised (37% vs. 27%), and/or watched television (79% vs. 73%), while females are more likely than males to have talked on the phone (51% vs. 29%), read for fun (47% vs. 34%), and/or done homework or studied (70% vs. 60%).

Frequency of Performing Activities Within an Hour of Going to Bed on School Nights at Least a Few Nights a Week				
	Total	6 th – 8 th grade	9 th – 12 th grade	
	n = (1,602)	B (710)	F (892)	
Net: Any	99%	98%	99% _B	
Watched television	76	76	76	
Did homework or studied	65	58	70 _B	
Instant messaged/Went on the Internet	44	30	54 _B	
Read for fun	41	49 _F	35	
Talked on the phone	40	27	50 _B	
Exercised	32	33	32	
Played electronic or video games	26	29 _F	24	

Base = Total Adolescents

Letters indicate significant differences at the 95% confidence level.

C2

Frequency of Performing Activities Within an Hour of Going to Bed on School Nights at Least a Few Nights a Week			
	Male	Female	
	P (799)	Q (803)	n =
Net: Any	98%	99% _P	
Watched television	79 _Q	73	
Did homework or studied	60	70 _P	
Instant messaged/Went on the Internet	42	46	
Played electronic or video games	40 _Q	12	
Exercised	37 _Q	27	
Read for fun	34	47 _P	
Talked on the phone	29	51 _P	

Base = Total Adolescents

Letters indicate significant differences at the 95% confidence level.

C2

Sleep Profile – Number of Activities Done in Hour Before Bed

Number of Activities Done in Hour Before Bed

	0-1 B	2+ C
	(597)	(1005)
<u>Set bedtime on school nights</u>		
Yes	76% _C	69%
<u>Adult involved in waking adolescent on school days</u>		
Yes	67%	67%
<u>Length of time taken to fall asleep on school nights</u>		
Less than 10 minutes	24%	25%
10 to 29 minutes	50	46
30 minutes or more	25	27
<u>Hours slept on school nights</u>		
Insufficient (Less than 8 hours)	39%	48% _B
Borderline (8 to less than 9 hours)	31	31
Optimal (9 or more hours)	26 _C	17
Mean (# of hours)	7.8 _C	7.5
<u>Hours slept on non-school nights</u>		
Insufficient (Less than 8 hours)	16%	17%
Borderline (8 to less than 9 hours)	22	20
Optimal (9 or more hours)	56	58
Mean (# of hours)	8.8	8.9
Parent believes adolescent gets enough sleep on school nights		
Every night/Almost every night	74% _C	69%
<u>Quality of adolescent's sleep</u>		
Fair/Poor	11%	8%
<u>"I had a good night's sleep"</u>		
Every night or almost every night	46% _C	39%
A few nights a month or less	21	23
Actual vs. minimum hours of sleep needed (school nights)		
Get <u>less</u> sleep than needed	50%	60% _B
Get the <u>same</u> amount of sleep as needed	27 _C	21
Get <u>more</u> sleep than needed	17 _C	13
<u>Lark or owl</u>		
Lark (Morning person)	36%	34%
Owl (Evening person)	53	58 _B

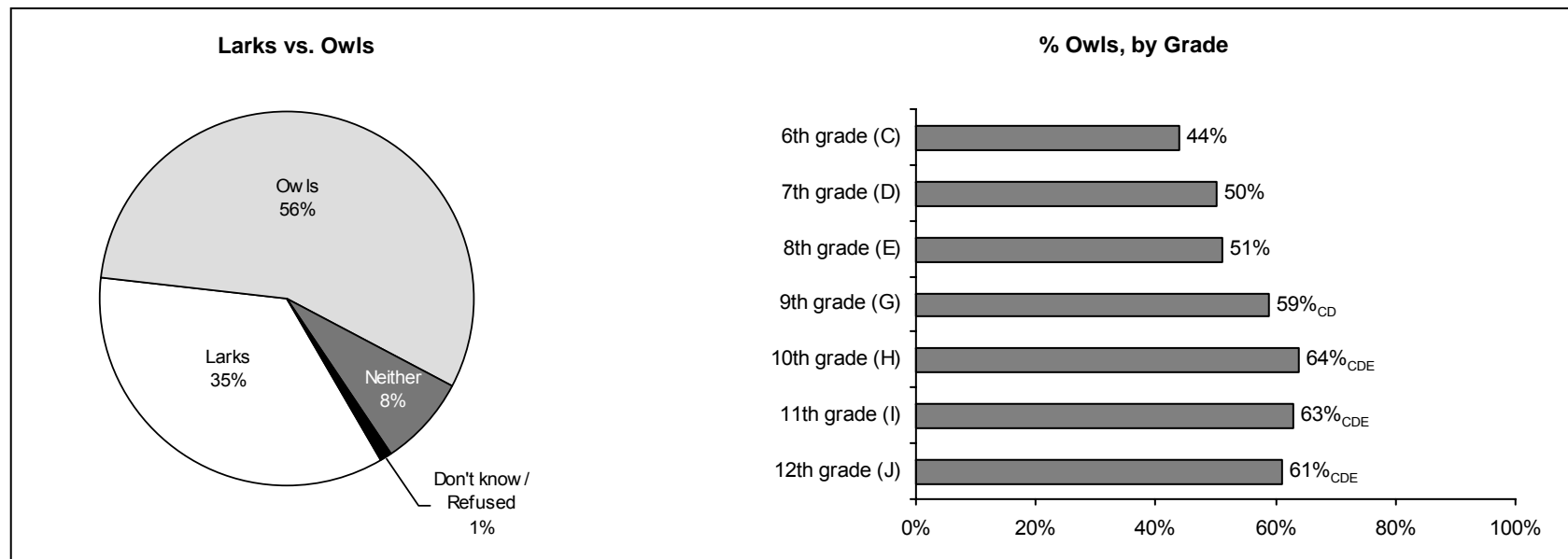
	0-1 B	2+ C
	(597)	(1005)
<u>At least a few days/nights a week</u>		
Difficulty falling asleep	28%	31%
Difficulty staying asleep	17	20
Fallen asleep in school	8	14 _B
Had trouble getting along with family	18	22 _B
Felt too tired or sleepy during the day	28	35 _B
Fallen asleep while doing homework/studying	8	9
Felt cranky or irritable during the day	21	23
Arrived late or missed school because you overslept	4	6
Felt too tired to do exercise or other physical activity	13	18 _B
Snored	14	16
At risk for RLS	6	9 _B
<u>Sleep problem</u>		
Parent thinks adolescent has (Yes)	7%	6%
Adolescent thinks has (Yes/Maybe)	15	16
<u>BMI</u>		
Underweight/Normal	68%	68%
At risk for overweight	13	13
Overweight	12	14
<u>Depressive mood score</u>		
10-<15	50% _C	43%
15-<20	34	38
20-30	15	18
<u>5+ hours/week</u>		
Sports/Exercise	47%	50%
Extracurricular activities	29	27
<u>Work at paying job</u>		
10+ hours/week	11%	11%
<u>Drink caffeinated beverages</u>		
2+ cups/cans per day	27%	34% _B
<u>Grades</u>		
As	32% _C	25%
As and Bs/Bs	44	50 _B
Bs and Cs or worse	23	24

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Lark vs. Owl

Overall, more than one-half of the adolescents surveyed (56%) consider themselves to be mostly or somewhat an evening person (“owls”), while one-third of adolescents (35%) consider themselves to be mostly or somewhat a morning person (“larks”)

- As adolescents age, they are more likely to consider themselves to be “owls” (from 44% in 6th grade to 61% in 12th grade).
- Larks are more likely than owls to get more sleep on school nights, say they had a “good night’s sleep” every night or almost every night, and have less sleep problems related to sleepiness. For more detail, please see the sleep profile on the following page.



Base = Total Adolescents (n=1,602)

Letters indicate significant differences at the 95% confidence level.

C14

Sleep Profile – Lark vs. Owl

Lark vs. Owl

	<u>Lark</u> B	<u>Owl</u> C
	(564)	(897)
<u>Set bedtime on school nights</u>		
Yes	80% _C	67%
<u>Adult involved in waking adolescent on school days</u>		
Yes	61%	70% _B
<u>Length of time taken to fall asleep on school nights</u>		
Less than 10 minutes	29% _C	22%
10 to 29 minutes	53 _C	45
30 minutes or more	16	33 _B
<u>Hours slept on school nights</u>		
Insufficient (Less than 8 hours)	34%	52% _B
Borderline (8 to less than 9 hours)	36 _C	27
Optimal (9 or more hours)	25 _C	17
Mean (# of hours)	7.9 _C	7.4
<u>Hours slept on non-school nights</u>		
Insufficient (Less than 8 hours)	16%	17%
Borderline (8 to less than 9 hours)	25 _C	18
Optimal (9 or more hours)	53	60 _B
Mean (# of hours)	8.8	8.9
<u>Parent believes adolescent gets enough sleep on school nights</u>		
Every night/Almost every night	81% _C	65%
<u>Quality of adolescent's sleep</u>		
Fair/Poor	6%	11% _B
<u>"I had a good night's sleep"</u>		
Every night or almost every night	54% _C	32%
A few nights a month or less	14	27 _B
<u>Actual vs. minimum hours of sleep needed (school nights)</u>		
Get <u>less</u> sleep than needed	47%	62% _B
Get the <u>same</u> amount of sleep as needed	30 _C	19
Get <u>more</u> sleep than needed	17	13

	<u>Lark</u> B	<u>Owl</u> C
	(564)	(897)
<u>At least a few days/nights a week</u>		
Difficulty falling asleep	24%	33% _B
Difficulty staying asleep	16	20 _B
Fallen asleep in school	8	15 _B
Had trouble getting along with family	16	23 _B
Felt too tired or sleepy during the day	24	38 _B
Fallen asleep while doing homework/studying	6	10 _B
Felt cranky or irritable during the day	15	27 _B
Arrived late or missed school because you overslept	3	6 _B
Felt too tired to do exercise or other physical activity	10	20 _B
Snored	16	14
At risk for RLS	5	10 _B
<u>Sleep problem</u>		
Parent thinks adolescent has (Yes)	5%	7%
Adolescent thinks has (Yes/Maybe)	11	19 _B
<u>BMI</u>		
Underweight/Normal	69%	68%
At risk for overweight	12	14
Overweight	13	13
<u>Depressive mood score*</u>		
10-<15	49% _C	43%
15-<20	36	37
20-30	14	19 _B
<u>5+ hours/week</u>		
Sports/Exercise	52%	47%
Extracurricular activities	26	30
<u>Work at paying job</u>		
10+ hours/week	7%	13% _B
<u>Drink caffeinated beverages</u>		
2+ cups/cans per day	29%	33%
<u>Grades</u>		
As	25%	27%
As and Bs/Bs	50	47
Bs and Cs or worse	24	24

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

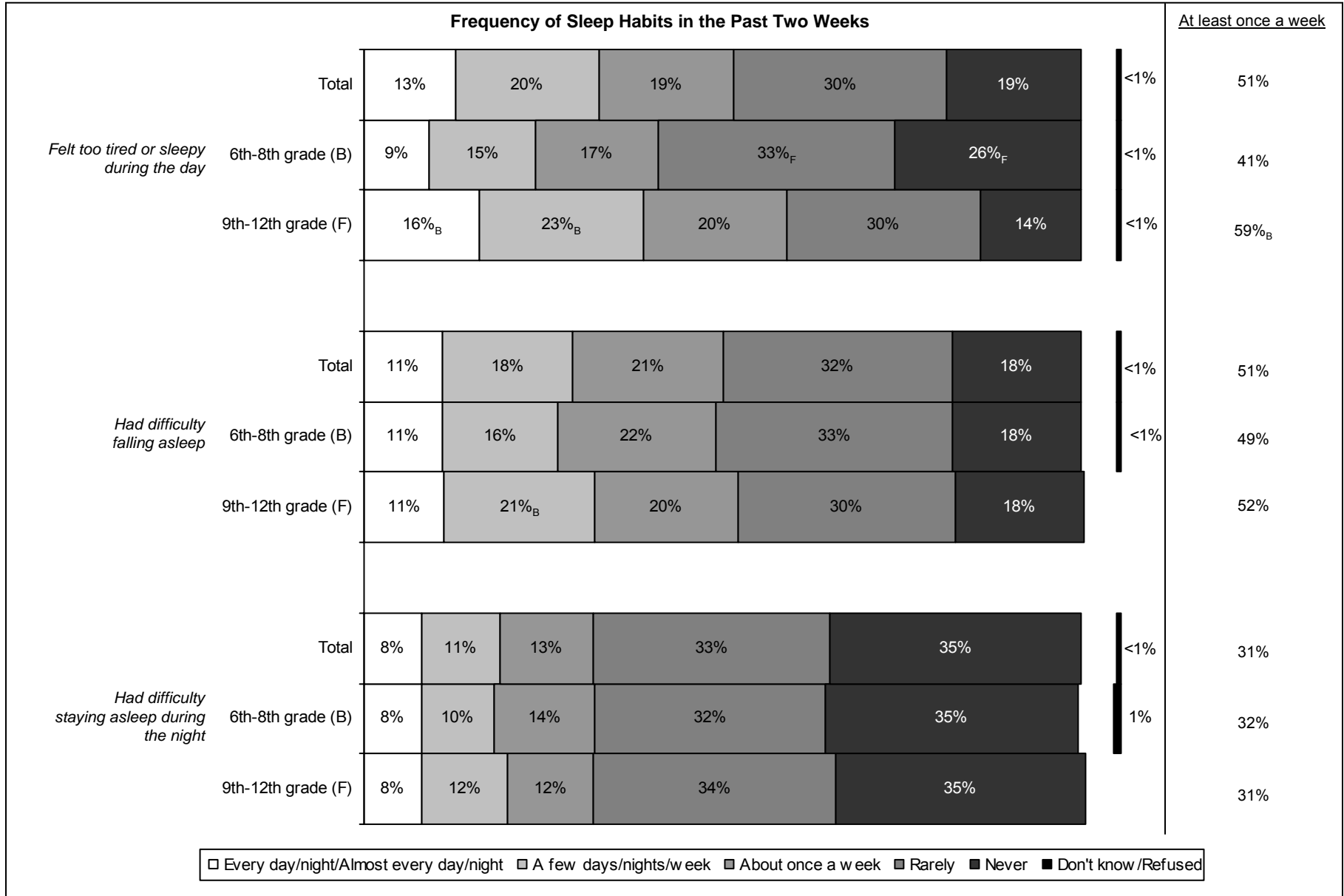
Sleep Problems

Frequency of Sleep Problems/Consequences

All of the adolescents were asked how often they experienced a series of sleep problems and consequences within the last two weeks.

- More than one-half of adolescents reported that they feel too tired or sleepy during the day (51%) and/or had difficulty falling asleep (51%) at least once a week within the past two weeks.
 - High school (9th to 12th grade) adolescents were more likely than 6th to 8th grade adolescents to report that they felt too tired or sleepy during the day at least once a week within the past two weeks (59% vs. 41%).
- About three in ten adolescents (31%) said they had difficulty staying asleep during the night at least once a week in the past two weeks.
- About three in ten adolescents reported that they felt too tired to do exercise or other physical activity at least once a week in the past two weeks (28%), with 9th to 12th grade adolescents more likely than 6th to 8th grade adolescents to say this (32% vs. 22%).
- About two in ten adolescents said that they fell asleep in school (19%) and/or fell asleep while doing homework or studying (17%) at least once a week within the last two weeks.
 - High school (9th to 12th grade) adolescents were more likely than middle school (6th to 8th grade) adolescents to report either of these habits (28% vs. 6%, and 22% vs. 9%, respectively).
- In addition, about one in ten adolescents (11%) said they had arrived late or had missed school because they overslept at least once a week within the last two weeks.
 - High school (9th to 12th grade) adolescents were more likely than middle school (6th to 8th grade) adolescents to report that they had arrived late or had missed school because they overslept at least once a week within the past two weeks (14% vs. 8%).

Frequency of Sleep Problems/Consequences (continued)

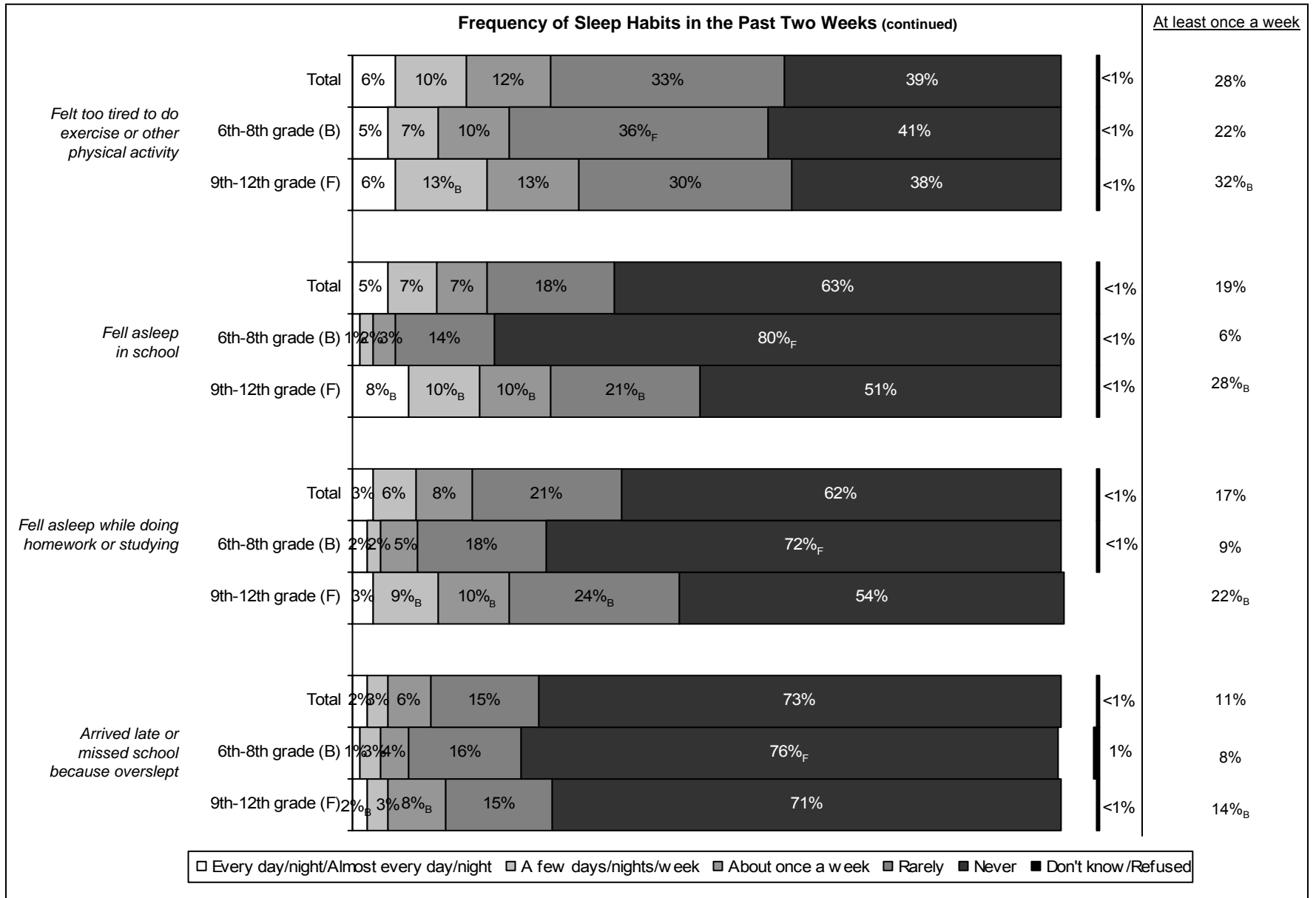


Base = Total Adolescents (n=1,602)

Letters indicate significant differences at the 95% confidence level.

C17

Frequency of Sleep Problems/Consequences (continued)



Base = Total Adolescents (n=1,602)

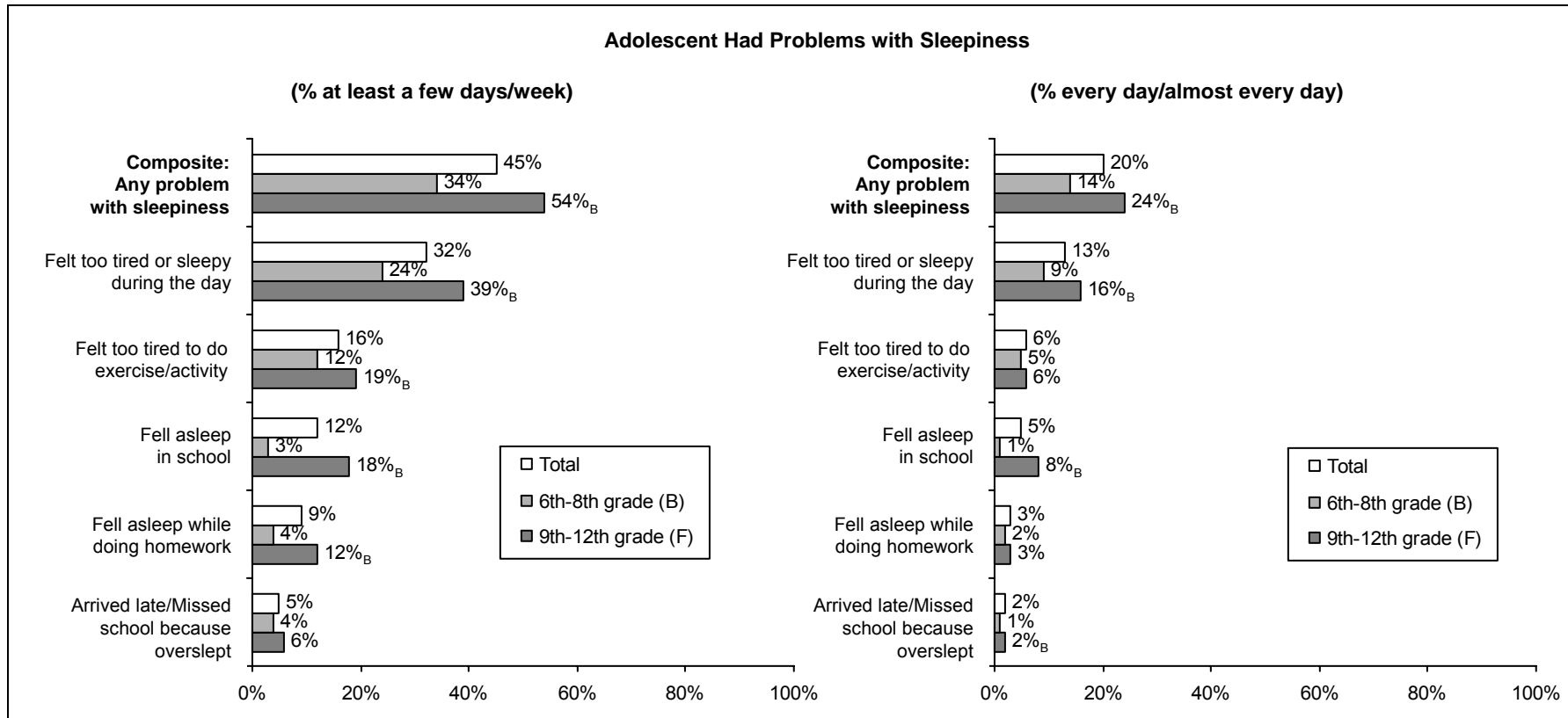
Letters indicate significant differences at the 95% confidence level.

C17

Frequency of Sleep Problems/Consequences (continued)

In this survey, the adolescents interviewed were asked how often they had experienced the following problems with sleepiness within the past two weeks: arrived late or missed school because they overslept, fell asleep in school, felt too tired to do exercise or other physical activity, felt too tired or sleepy during the day, and/or fell asleep while doing homework or studying.

- Almost one-half of the adolescents surveyed (45%) experienced at least one problem with sleepiness at least a few days a week within the past two weeks.
 - In fact, 20% of the adolescents surveyed reported experiencing at least one problem with sleepiness every day or almost every day.



Base = Total adolescents (n=1,602)

Don't know = <1%

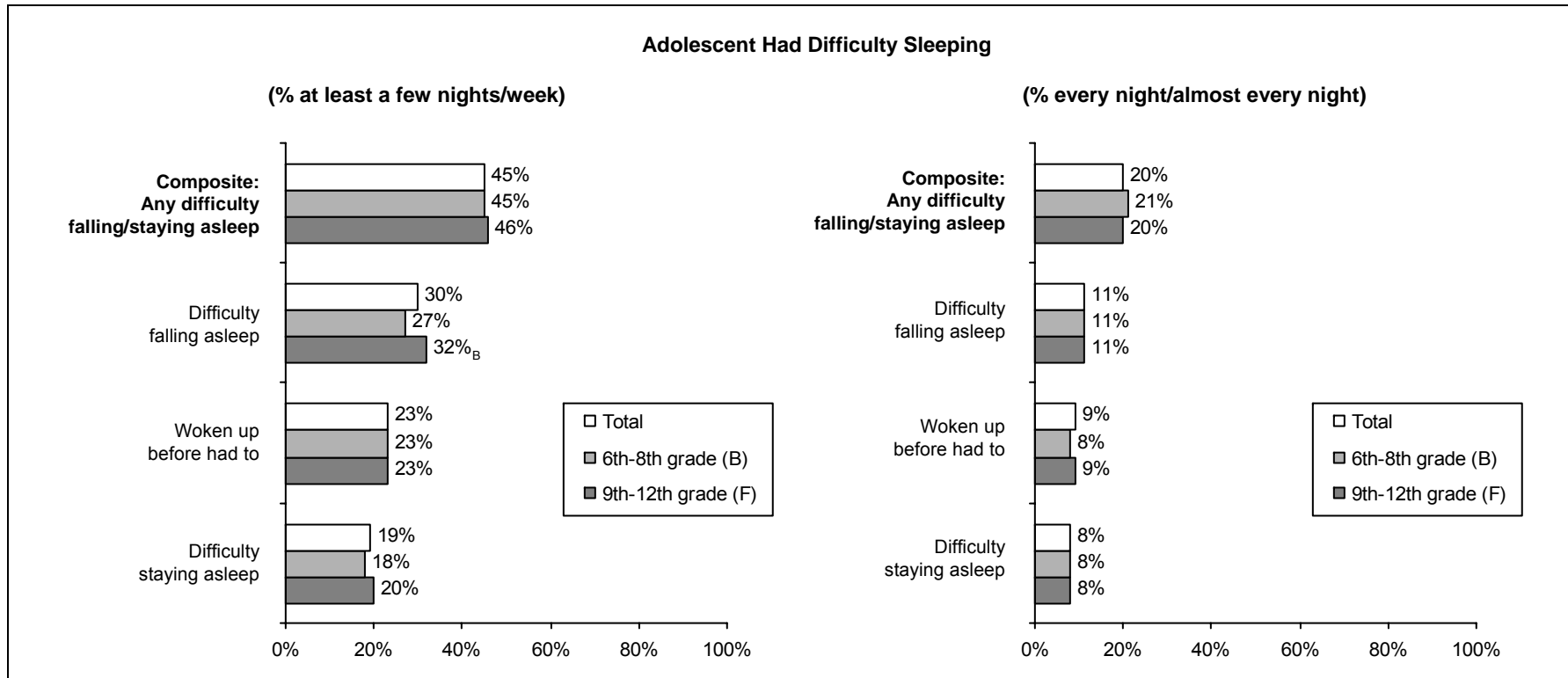
Letters indicate significant differences at the 95% confidence level.

C17h, i, j, o, p

Frequency of Sleep Problems/Consequences (continued)

In this survey, the adolescents interviewed were asked how often they had experienced the following difficulties when sleeping in the past two weeks: difficulty falling asleep, difficulty staying asleep, and/or waking up before they have to and trying to fall back asleep but being unable to do so.

- Almost one-half of the adolescents surveyed (45%) experienced at least one of these difficulties at least a few nights a week within the past two weeks.
 - In fact, 20% of the adolescents surveyed reported experiencing difficulty sleeping every night or almost every night.



Base = Total adolescents (n=1,602)

Don't know = <1%

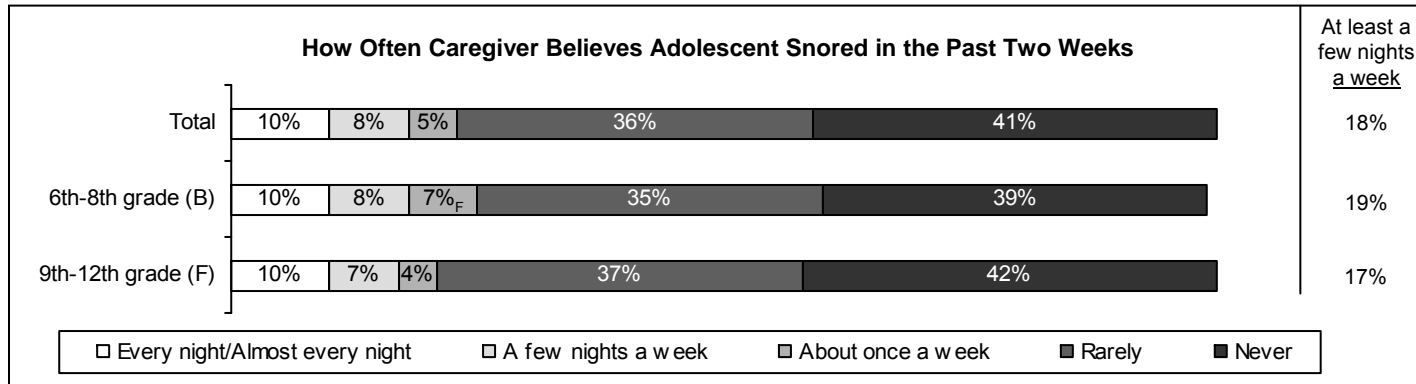
Letters indicate significant differences at the 95% confidence level.

C17a-c

Adolescent Snoring/Restless Legs Syndrome

Each caregiver was asked how often in the past two weeks their adolescent snored.

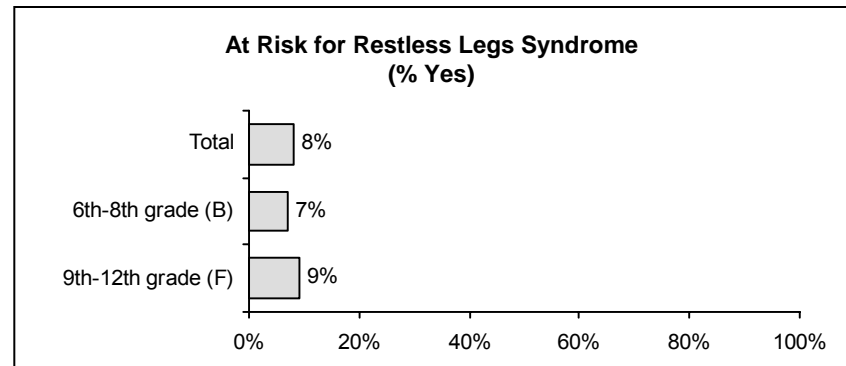
- Among those caregivers able to answer, 18% reported that their adolescent snored at least a few nights a week within the past two weeks, with 10% saying their adolescent snored every night or almost every night.
- One in seven caregivers surveyed (16%) said that they don't know how often their adolescent snored in the past two weeks.



Base = Those caregivers answering (n=1,349)
 Letters indicate significant differences at the 95% confidence level.
 P13

Two questions were asked in order to examine what percentage of adolescents may be at risk for restless legs syndrome. First, adolescents were asked if they have had unpleasant feelings in their legs, like creepy, crawly, or tingly feelings at night with an urge to move when they laid down to sleep in the past two weeks. Next, those that had these feelings at least a few nights a week were asked if moving their legs or feet makes them feel better. Those adolescents who said that moving their legs always or sometimes makes them feel better are considered at risk for restless legs syndrome.

- Overall, eight percent of adolescents (8%) reported that they have unpleasant feelings in their legs at least a few nights a week and that moving their legs or feet makes them feel better.



Base = Total Adolescents (n=1,602)
 Letters indicate significant differences at the 95% confidence level.
 C20/C21

Sleep Profile – Adolescent Snores

Adolescent Snores

	At least a few nights/week B	Rarely/ Never C
<u>Set bedtime on school nights</u>		
Yes	72%	73%
<u>Adult involved in waking adolescent on school days</u>		
Yes	69%	67%
<u>Length of time taken to fall asleep on school nights</u>		
Less than 10 minutes	32% _C	23%
10 to 29 minutes	39	50 _B
30 minutes or more	28	26
<u>Hours slept on school nights</u>		
Insufficient (Less than 8 hours)	43%	44%
Borderline (8 to less than 9 hours)	36	31
Optimal (9 or more hours)	16	20
Mean (# of hours)	7.5	7.6
<u>Hours slept on non-school nights</u>		
Insufficient (Less than 8 hours)	19%	16%
Borderline (8 to less than 9 hours)	26	20
Optimal (9 or more hours)	48	60 _B
Mean (# of hours)	8.6	8.9 _B
Parent believes adolescent gets enough <u>sleep on school nights</u>		
Every night/Almost every night	63%	73% _B
<u>Quality of adolescent's sleep</u>		
Fair/Poor	17% _C	7%
<u>"I had a good night's sleep"</u>		
Every night or almost every night	45%	42%
A few nights a month or less	22	23
<u>Actual vs. minimum hours of sleep needed (school nights)</u>		
Get <u>less</u> sleep than needed	55%	57%
Get the <u>same</u> amount of sleep as needed	24	24
Get <u>more</u> sleep than needed	14	14
<u>Lark or owl</u>		
Lark (Morning person)	37%	35%
Owl (Evening person)	53	55

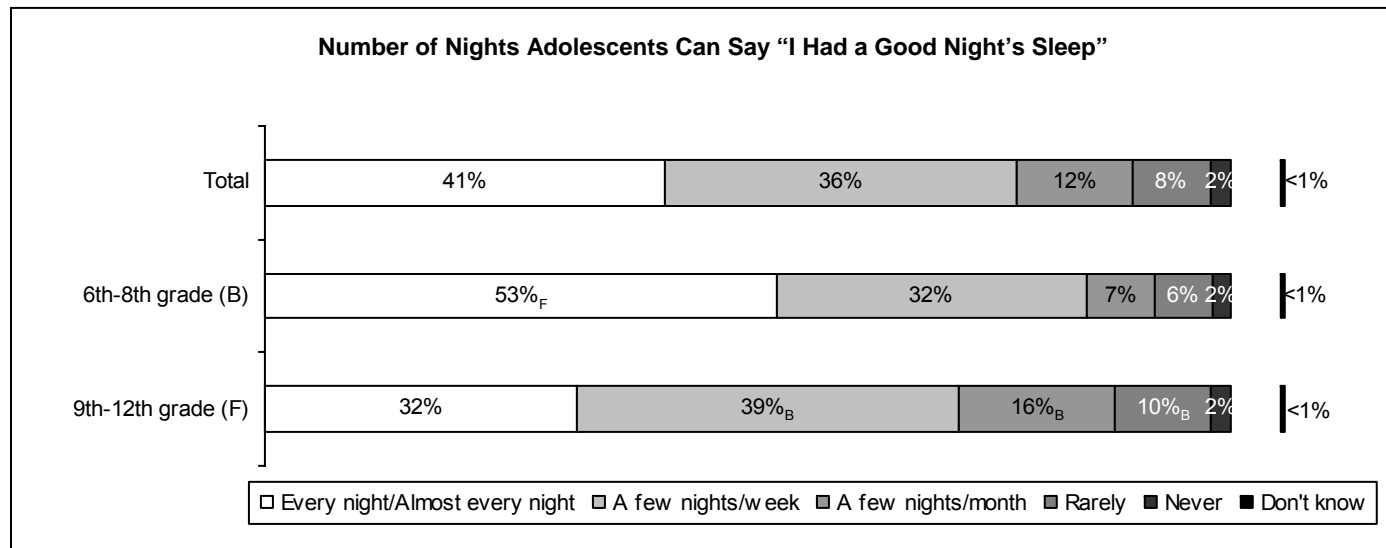
	At least a few nights/week B	Rarely/ Never C
<u>At least a few days/nights a week</u>		
Difficulty falling asleep	32%	29%
Difficulty staying asleep	22	17
Fallen asleep in school	14	10
Had trouble getting along with family	22	20
Felt too tired or sleepy during the day	33	32
Fallen asleep while doing homework/studying	9	8
Felt cranky or irritable during the day	24	22
Arrived late or missed school because you overslept	7	4
Felt too tired to do exercise or other physical activity	19	16
At risk for RLS	9	8
<u>Sleep problem</u>		
Parent thinks adolescent has (Yes)	15% _C	5%
Adolescent thinks has (Yes/Maybe)	19	15
<u>BMI</u>		
Underweight/Normal	55%	73% _B
At risk for overweight	19 _C	12
Overweight	21 _C	10
<u>Depressive mood score*</u>		
10-<15	47%	45%
15-<20	33	38
20-30	20	17
<u>5+ hours/week</u>		
Sports/Exercise	45%	51%
Extracurricular activities	27	28
<u>Work at paying job</u>		
10+ hours/week	8%	11%
<u>Drink caffeinated beverages</u>		
2+ cups/cans per day	40% _C	29%
<u>Grades</u>		
As	19%	29% _B
As and Bs/Bs	40	49 _B
Bs and Cs or worse	40 _C	21

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Adolescents Say “I Had a Good Night’s Sleep”

All of the adolescents surveyed were asked how often they can say “I had a good night’s sleep.” Only about four in ten adolescents (41%) can say “I had a good night’s sleep” every night or almost every night. The majority of adolescents (77%) can say “I had a good night’s sleep” at least a few nights a week. One in ten adolescents (10%) reported that they rarely or never can say “I had a good night’s sleep.”

- Middle school (6th to 8th grade) adolescents are more likely to say “I had a good night’s sleep” every night or almost every night (53% vs. 32%) than high school (9th to 12th grade) adolescents.
- Those adolescents who say they get a good night’s sleep a few nights a month or less often are more likely to have sleep problems related to sleepiness than those who get a good night’s sleep a few nights a month or more often. These problems include difficulty falling and staying asleep, falling asleep in school, feeling cranky or irritable, and feeling too tired to do exercise or other physical activities. For more detail, please see the sleep profile on the following page.



Base = Total Adolescents (n=1,602)

Letters indicate significant differences at the 95% confidence level.

C16

Sleep Profile – “I Had a Good Night’s Sleep”

“I Had a Good Night’s Sleep”

	Every night/Almost every night B (666)	A few nights/month or less C (358)
<u>Set bedtime on school nights</u>		
Yes	80% _C	61%
<u>Adult involved in waking adolescent on school days</u>		
Yes	67%	64%
<u>Length of time taken to fall asleep on school nights</u>		
Less than 10 minutes	34% _C	20%
10 to 29 minutes	48 _C	37
30 minutes or more	17	43 _B
<u>Hours slept on school nights</u>		
Insufficient (Less than 8 hours)	28%	65% _B
Borderline (8 to less than 9 hours)	38 _C	21
Optimal (9 or more hours)	29 _C	9
Mean (# of hours)	8.0 _C	6.9
<u>Hours slept on non-school nights</u>		
Insufficient (Less than 8 hours)	16%	21% _B
Borderline (8 to less than 9 hours)	21	24
Optimal (9 or more hours)	57 _C	50
Mean (# of hours)	8.9 _C	8.6
<u>Parent believes adolescent gets enough sleep on school nights</u>		
Every night/Almost every night	82% _C	59%
<u>Quality of adolescent’s sleep</u>		
Fair/Poor	6%	16% _B
<u>Actual vs. minimum hours of sleep needed (school nights)</u>		
Get <u>less</u> sleep than needed	39%	76% _B
Get the <u>same</u> amount of sleep as needed	33 _C	7
Get <u>more</u> sleep than needed	20 _C	10
<u>Lark or owl</u>		
Lark (Morning person)	46% _C	22%
Owl (Evening person)	44	68 _B

	Every night/Almost every night B (666)	A few nights/month or less C (358)
<u>At least a few days/nights a week</u>		
Difficulty falling asleep	16%	50% _B
Difficulty staying asleep	12	30 _B
Fallen asleep in school	5	25 _B
Had trouble getting along with family	14	34 _B
Felt too tired or sleepy during the day	16	58 _B
Fallen asleep while doing homework/studying	4	19 _B
Felt cranky or irritable during the day	12	39 _B
Arrived late or missed school because you overslept	3	9 _B
Felt too tired to do exercise or other physical activity	9	30 _B
Snored	16	15
At risk for RLS	6	13 _B
<u>Sleep problem</u>		
Parent thinks adolescent has (Yes)	4%	12% _B
Adolescent thinks has (Yes/Maybe)	5	36 _B
<u>BMI</u>		
Underweight/Normal	71% _C	64%
At risk for overweight	13	14
Overweight	12	16
<u>Depressive mood score*</u>		
10-<15	60% _C	28%
15-<20	31	40 _B
20-30	8	32 _B
<u>5+ hours/week</u>		
Sports/Exercise	51%	45%
Extracurricular activities	26	32
<u>Work at paying job</u>		
10+ hours/week	6%	12% _B
<u>Drink caffeinated beverages</u>		
2+ cups/cans per day	29%	33%
<u>Grades</u>		
As	28%	26%
As and Bs/Bs	49 _C	43
Bs and Cs or worse	22	30 _B

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

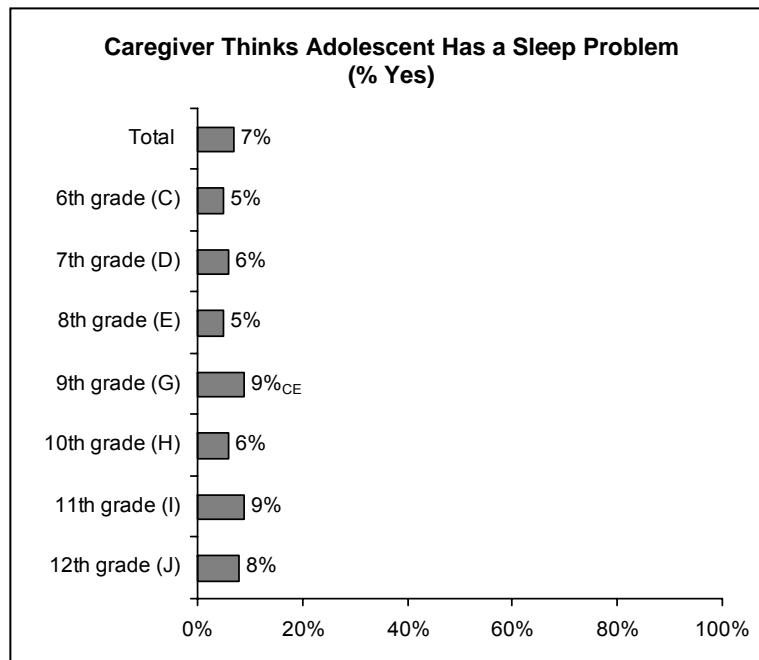
Adolescent Has a Sleep Problem

All of the caregivers surveyed were asked if they think their adolescent has a sleep problem. In addition, all of the adolescents surveyed were asked if they think they have a sleep problem.

- Overall, less than one in ten caregivers (7%) think that their adolescent has a sleep problem. However, 16% of adolescents think they have or may have a sleep problem.
- About three in ten adolescents (31%) who think they may have a sleep problem have not told anyone about it.

When comparing the caregiver's perception of whether or not their adolescent has a sleep problem with the adolescent's perception, most caregivers and their adolescents agree that the adolescent does *not* have a sleep problem (78%). In addition, 4% of the caregivers and adolescents agree that the adolescent may have a sleep problem. In some instances, the caregiver and the adolescent do not agree.

- Specifically, 12% of caregivers do not think their adolescent has a sleep problem, but the adolescent thinks they do or may have a problem (8% Caregiver No and Adolescent Yes, 4% Caregiver No and Adolescent Maybe).
- Additionally, 3% of caregivers think their adolescent has a sleep problem, but the adolescent does not believe they have a sleep problem.

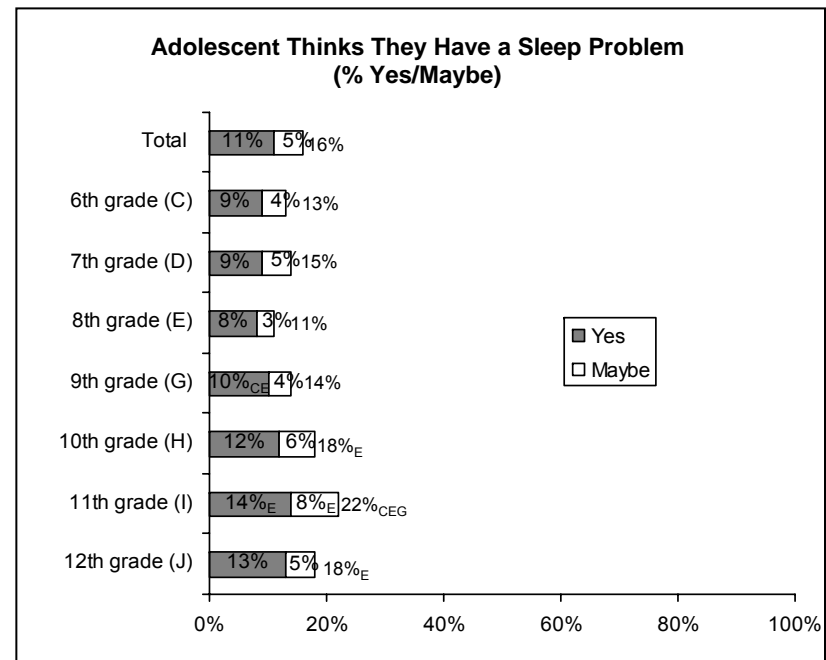


Base = Total Caregivers (n=1,602)

Don't know = 2%

Letters indicate significant differences at the 95% confidence level.

P12



Base = Total Adolescents (n=1,602)

Don't know/Refused = 2%

Letters indicate significant differences at the 95% confidence level.

C18

Depressive Mood

A depressive mood score was derived from a scale developed by Kandel and Davies¹ to assess depressive mood in adolescents. Such scales are used as an indicator of mood and not as a tool for diagnosing a depressive disorder. In general, teens with higher scores feel more "down" or "low" than others.

For the NSF 2006 *Sleep in America* poll, a depressive mood score was calculated in which adolescents' responses to four mood states were scored, where "1" equals "not at all," "2" equals "somewhat," and "3" equals "much." The four mood states include:

- Felt unhappy, sad or depressed;
- Felt hopeless about the future;
- Felt nervous or tense; and
- Worried too much about things.

Respondents received a score for each based on their frequency of experiencing the state. The depressive mood score was calculated based on the average score across the four mood states, multiplied by a factor of ten, with resulting scores ranging from 10 to 30.

The mean depressive mood score was 14.8 overall, with 9th to 12th grade adolescents having a higher score than 6th to 12th grade adolescents (15.4 vs. 14.0).

- Overall, 46% of the adolescents surveyed had a depressive mood score of 10 to 14, 37% had a score of 15 to 19, and 17% had a score of 20 to 30.
- Female respondents had a higher depressive mood score than male respondents (15.5 vs. 14.1).
- Those adolescents with a depressive mood score of 20 to 30 are more likely than those with lower scores to take longer to fall asleep on school nights, get an insufficient amount of sleep, and have sleep problems related to sleepiness. For more detail, please see the sleep profiles on the following pages.

Depressive Mood Score					
	<u>Total</u>	<u>6th – 8th grade</u>	<u>9th – 12th grade</u>	<u>Boys</u>	<u>Girls</u>
n=	(1,592)	B (702)	F (890)	P (794)	Q (798)
10 to 14	46%	55% _F	39%	53% _Q	38%
15 to 19	37	33	39 _B	33	41 _P
20 to 30	17	12	21 _B	13	21 _P
<i>Mean</i>	14.8	14.0	15.4 _B	14.1	15.5 _P

Base = Those adolescents answering

Letters indicate significant differences at the 95% confidence level.

C23

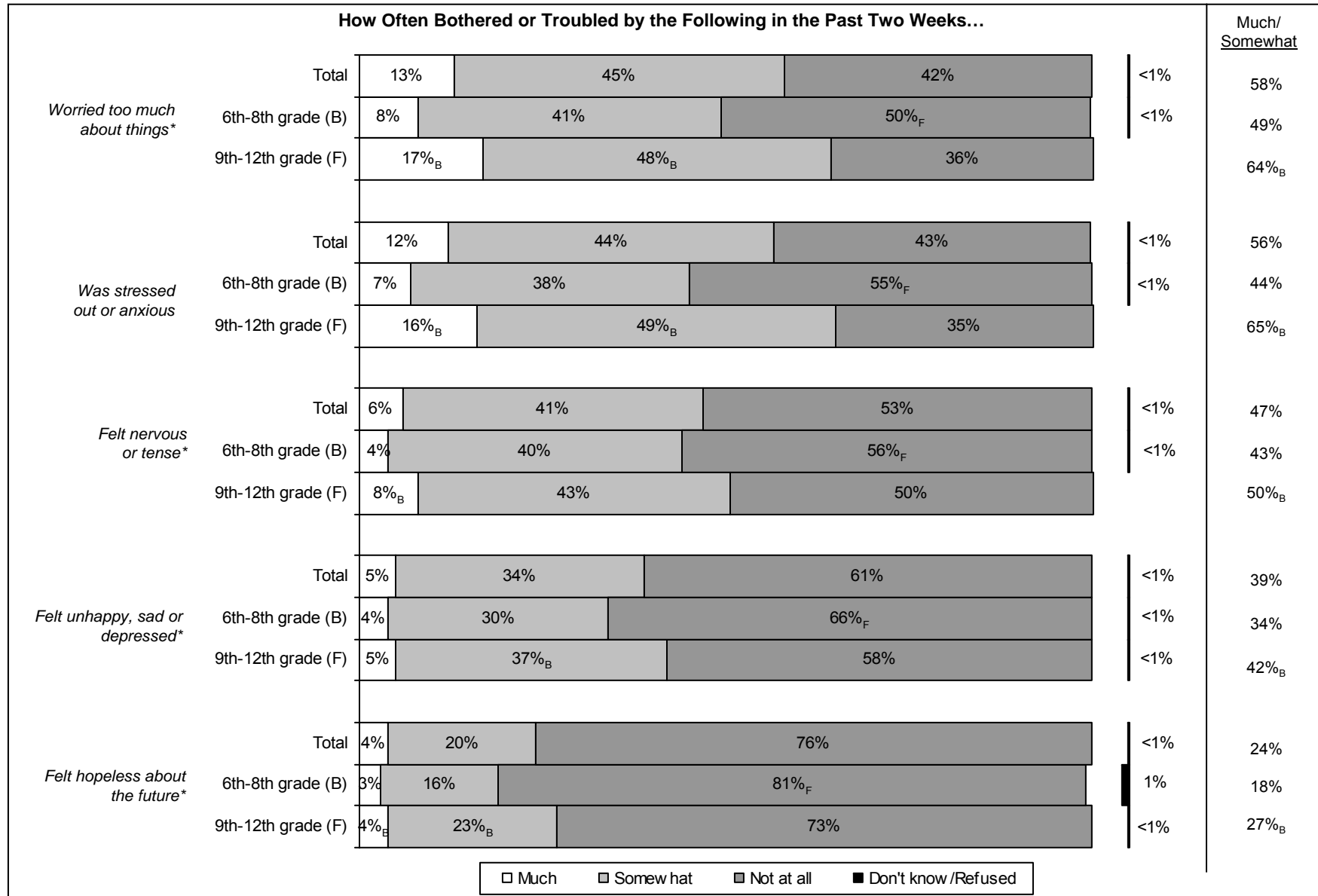
¹Kandel, D.B., Davies, M., Epidemiology of depressive mood in adolescents: An empirical study. Arch. Gen. Psychiatry, 39 (1982), 1205-1212.

Depressive Mood (continued)

All of the adolescents surveyed were asked how often they were bothered or troubled by a series of five mood states within the past two weeks, using a scale of much, somewhat, or not at all.

- Most often, the adolescents surveyed reported that they were bothered much or somewhat by worrying too much about things (58%) and/or being stressed out or anxious (56%).
- About one-half of adolescents (47%) were bothered by feeling nervous or tense much or somewhat within the past two weeks.
- About four in ten adolescents (39%) felt unhappy, sad or depressed much or somewhat within the past two weeks.
- About one-fourth of the adolescents surveyed (24%) reported that they were bothered much or somewhat in the past two weeks by feeling hopeless about the future.
- High school (9th to 12th grade) adolescents are more likely than middle school (6th to 8th grade) adolescents to report feeling each of these mood states much or somewhat within the past two weeks.

Depressive Mood (continued)



Base = Total Adolescents (n=1,602)

Letters indicate significant differences at the 95% confidence level.

* Mood state used in calculating depressive mood score

C23

Sleep Profile – Depressive Mood Score

Depressive Mood Score

	10-<15 B	15-<20 C	20-30 D
	(733)	(587)	(272)
<u>Set bedtime on school nights</u>			
Yes	75% _{CD}	69%	66%
<u>Adult involved in waking adolescent on school days</u>			
Yes	68%	65%	66%
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	29% _{CD}	22%	20%
10 to 29 minutes	51 _D	47	40
30 minutes or more	18	30 _B	39 _{BC}
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	37%	49% _B	59% _{BC}
Borderline (8 to less than 9 hours)	34 _D	31 _D	20
Optimal (9 or more hours)	25 _{CD}	16	15
Mean (# of hours)	7.8 _{CD}	7.5 _D	7.2
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	16%	16%	21%
Borderline (8 to less than 9 hours)	19	22	21
Optimal (9 or more hours)	60 _D	57	51
Mean (# of hours)	8.9	8.8	8.7
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	77% _{CD}	70% _D	57%
<u>Quality of adolescent's sleep</u>			
Fair/Poor	7%	9%	15% _{BC}
<u>"I had a good night's sleep"</u>			
Every night or almost every night	55% _{CD}	34% _D	20%
A few nights a month or less	14	24 _B	42 _{BC}
<u>Actual vs. minimum hours of sleep needed (school nights)</u>			
Get <u>less</u> sleep than needed	47%	60% _B	73% _{BC}
Get the <u>same</u> amount of sleep as needed	30 _{CD}	21 _D	10
Get <u>more</u> sleep than needed	17 _D	14	11
<u>Lark or owl</u>			
Lark (Morning person)	37% _D	34%	29%
Owl (Evening person)	53	57	64 _B

	10-<15 B	15-<20 C	20-30 D
	(733)	(587)	(272)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	18%	35% _B	51% _{BC}
Difficulty staying asleep	11	23 _B	32 _{BC}
Fallen asleep in school	7	13 _B	22 _{BC}
Had trouble getting along with family	12	21 _B	44 _{BC}
Felt too tired or sleepy during the day	19	37 _B	59 _{BC}
Fallen asleep while doing homework/studying	3	10 _B	21 _{BC}
Felt cranky or irritable during the day	10	26 _B	48 _{BC}
Arrived late or missed school because you overslept	4	5	8 _B
Felt too tired to do exercise or other physical activity	10	18 _B	29 _{BC}
Snored	15	13	18
At risk for RLS	4	10 _B	15 _{BC}
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	5%	7%	11% _B
Adolescent thinks has (Yes/Maybe)	6	19 _B	34 _{BC}
<u>BMI</u>			
Underweight/Normal	67%	70%	69%
At risk for overweight	15 _C	11	12
Overweight	12	14	15
<u>5+ hours/week</u>			
Sports/Exercise	49%	50%	46%
Extracurricular activities	27	29	29
<u>Work at paying job</u>			
10+ hours/week	9%	13%	13%
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	29%	34%	33%
<u>Grades</u>			
As	28%	28%	26%
As and Bs/Bs	50	48	44
Bs and Cs or worse	22	23	29 _{BC}

Sleep Profile – Depressive Mood Score

Depressive Mood Score – Boys

	10-<15 B	15-<20 C	20-30 D
	(423)	(265)	(106)
<u>Set bedtime on school nights</u>			
Yes	75%	74%	71%
<u>Adult involved in waking adolescent on school days</u>			
Yes	71%	71%	70%
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	29% _D	24%	20%
10 to 29 minutes	52 _{CD}	43	34
30 minutes or more	18	33 _B	46 _{BC}
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	37%	46% _B	57% _B
Borderline (8 to less than 9 hours)	34 _D	33 _D	19
Optimal (9 or more hours)	23	17	19
Mean (# of hours)	7.8 _{CD}	7.6	7.5
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	18%	17%	19%
Borderline (8 to less than 9 hours)	21	19	22
Optimal (9 or more hours)	56	59	52
Mean (# of hours)	8.8	8.9	8.7
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	76% _D	72% _D	60%
<u>Quality of adolescent's sleep</u>			
Fair/Poor	9%	11%	14%
<u>"I had a good night's sleep"</u>			
Every night or almost every night	52% _{CD}	35% _D	20%
A few nights a month or less	14	25 _B	38 _{BC}
<u>Actual vs. minimum hours of sleep needed (school nights)</u>			
Get <u>less</u> sleep than needed	44%	61% _B	67% _B
Get the <u>same</u> amount of sleep as needed	29 _{CD}	20 _D	10
Get <u>more</u> sleep than needed	19	14	17
<u>Lark or owl</u>			
Lark (Morning person)	36%	33%	30%
Owl (Evening person)	54	56	62

	10-<15 B	15-<20 C	20-30 D
	(423)	(265)	(106)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	17%	34% _B	50% _{BC}
Difficulty staying asleep	9	21 _B	26 _B
Fallen asleep in school	8	14 _B	23 _B
Had trouble getting along with family	10	17 _B	42 _{BC}
Felt too tired or sleepy during the day	19	36 _B	61 _{BC}
Fallen asleep while doing homework/studying	2	11 _B	20 _{BC}
Felt cranky or irritable during the day	8	23 _B	40 _{BC}
Arrived late or missed school because you overslept	2	5	10 _B
Felt too tired to do exercise or other physical activity	9	17 _B	23 _B
Snored	17	16	21
At risk for RLS	4	10 _B	15 _B
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	6%	9%	9%
Adolescent thinks has (Yes/Maybe)	5	20 _B	29 _B
<u>BMI</u>			
Underweight/Normal	63%	65%	64%
At risk for overweight	16	11	14
Overweight	16	18	15
<u>5+ hours/week</u>			
Sports/Exercise	52%	52%	52%
Extracurricular activities	26	29	24
<u>Work at paying job</u>			
10+ hours/week	10%	10%	15%
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	34%	38%	32%
<u>Grades</u>			
As	23%	23%	24%
As and Bs/Bs	49 _D	44	34
Bs and Cs or worse	28	31	41 _B

Sleep Profile – Depressive Mood Score

Depressive Mood Score – Girls

	<u>10-<15</u> B	<u>15-<20</u> C	<u>20-30</u> D
	(310)	(322)	(166)
<u>Set bedtime on school nights</u>			
Yes	75% _{CD}	65%	63%
<u>Adult involved in waking adolescent on school days</u>			
Yes	65%	61%	64%
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	29% _{CD}	21%	20%
10 to 29 minutes	51	50	44
30 minutes or more	19	27 _B	35 _B
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	36%	50% _B	60% _{BC}
Borderline (8 to less than 9 hours)	33 _D	30 _D	21
Optimal (9 or more hours)	28 _{CD}	16	13
Mean (# of hours)	7.8 _{CD}	7.5 _D	7.0
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	13%	16%	22% _B
Borderline (8 to less than 9 hours)	17	25 _B	21
Optimal (9 or more hours)	65 _{CD}	56	51
Mean (# of hours)	9.2 _{CD}	8.8	8.7
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	78% _{CD}	68% _D	56%
<u>Quality of adolescent's sleep</u>			
Fair/Poor	5%	8%	15% _{BC}
<u>"I had a good night's sleep"</u>			
Every night or almost every night	59% _{CD}	34% _D	20%
A few nights a month or less	13	24 _B	44 _{BC}
<u>Actual vs. minimum hours of sleep needed (school nights)</u>			
Get <u>less</u> sleep than needed	50%	60% _B	76% _{BC}
Get the <u>same</u> amount of sleep as needed	31 _{CD}	22 _D	10
Get <u>more</u> sleep than needed	14 _D	14 _D	7
<u>Lark or owl</u>			
Lark (Morning person)	39% _D	35%	29%
Owl (Evening person)	51	58	65 _B

	<u>10-<15</u> B	<u>15-<20</u> C	<u>20-30</u> D
	(310)	(322)	(166)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	18%	35% _B	52% _{BC}
Difficulty staying asleep	12	24 _B	36 _{BC}
Fallen asleep in school	5	12 _B	21 _{BC}
Had trouble getting along with family	13	23 _B	45 _{BC}
Felt too tired or sleepy during the day	18	38 _B	58 _{BC}
Fallen asleep while doing homework/studying	5	9	22 _{BC}
Felt cranky or irritable during the day	11	29 _B	53 _{BC}
Arrived late or missed school because you overslept	5	6	8
Felt too tired to do exercise or other physical activity	11	19 _B	33 _{BC}
Snored	13	12	16
At risk for RLS	4	10 _B	15 _B
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	4%	6%	12% _{BC}
Adolescent thinks has (Yes/Maybe)	8	18 _B	36 _{BC}
<u>BMI</u>			
Underweight/Normal	72%	74%	72%
At risk for overweight	14	11	11
Overweight	7	10	14 _B
<u>5+ hours/week</u>			
Sports/Exercise	44%	48%	43%
Extracurricular activities	28	29	33
<u>Work at paying job</u>			
10+ hours/week	9%	15% _B	11%
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	22%	30% _B	33% _B
<u>Grades</u>			
As	34%	32%	28%
As and Bs/Bs	51	51	50
Bs and Cs or worse	14	16	22 _B

Driving Drowsy

Frequency of Driving Drowsy

Overall, 51% of all adolescents who drive reported that they have driven drowsy at least once in the past year.

- More than three in five 11th grade adolescents who drive (62%) and 12th grade adolescents who drive (68%) reported that they have driven a car or motor vehicle while feeling drowsy within the past year.
 - 15% of 10th through 12th grade adolescents who drive reported they have driven a car or motor vehicle while feeling drowsy once a week or more often within the past year.
 - The findings from this study mirror those of the NSF 2005 *Sleep in America* poll, which was among a random sample of adults.

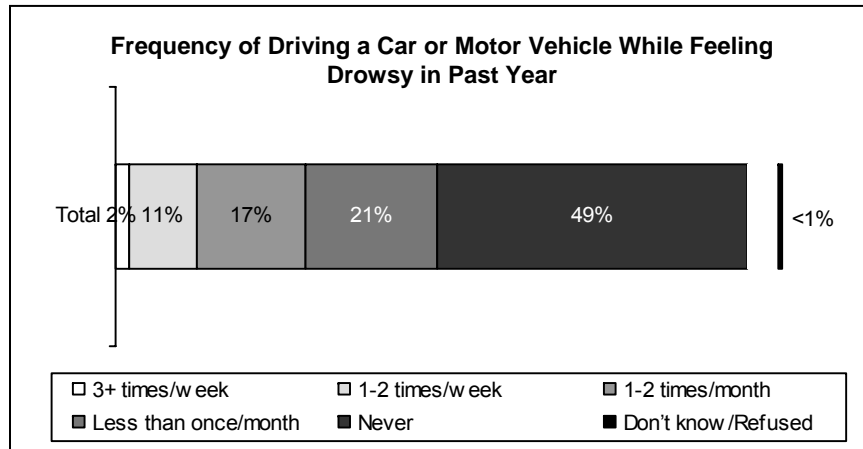
Frequency of Driving a Car or Motor Vehicle			
	10 th grade	11 th grade	12 th grade
	H	I	J
n=	(239)	(221)	(199)
Every day	9%	33% _H	62% _{HI}
Several times/week	9	20 _H	16 _H
Once a week	7	8	4
A few times/month	10 _J	9 _J	3
Never/Don't have a license	64 _{IJ}	29 _J	14

Base = Total Adolescents

Don't know = <1%

Letters indicate significant differences at the 95% confidence level.

C27



Base = Those adolescents who drive (n=512)

C28

Frequency of Driving a Car or Motor Vehicle While Feeling Drowsy in Past Year					
	10 th -12 th grade	10 th grade	11 th grade	12 th grade	2005 Adults ¹
	H	I	J	K	
n=	(414)	(86)	(156)	(172)	(1,456)
Net: At least once/week	15%	-%	16%	20%	14%
3 or more times/week	2	-	4	3	7 _I
1 or 2 times/week	13	-	13 _K	18 _K	7
Net: Twice a month or less	43	29	45 _H	47 _H	47 _H
1 or 2 times/month	20	12	16	25 _{HI}	19
Less than once/month	24	17	29 _H	22	28 _H
Never	42	70 _{IJK}	38	32	39

Base = Those adolescents who drive (2006 poll)

Don't know/Refused = <1%-1%

¹Base = Those adults who drive/have a license (2005 poll)

Don't know/Refused = <1%

Letters indicate significant differences at the 95% confidence level.

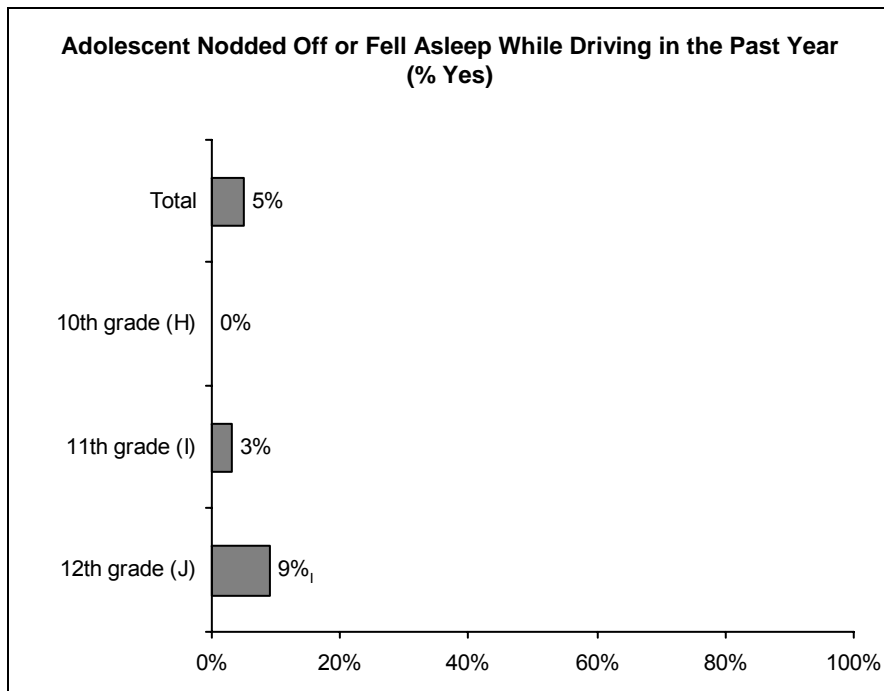
C28

Nodded Off/Fell Asleep/Had Accident While Driving in the Past Year

Among those adolescents who drive, 5% have nodded off or fallen asleep while driving in the past year.

- Specifically, 3% of these 11th grade adolescents and 9% of these 12th grade adolescents have done so.

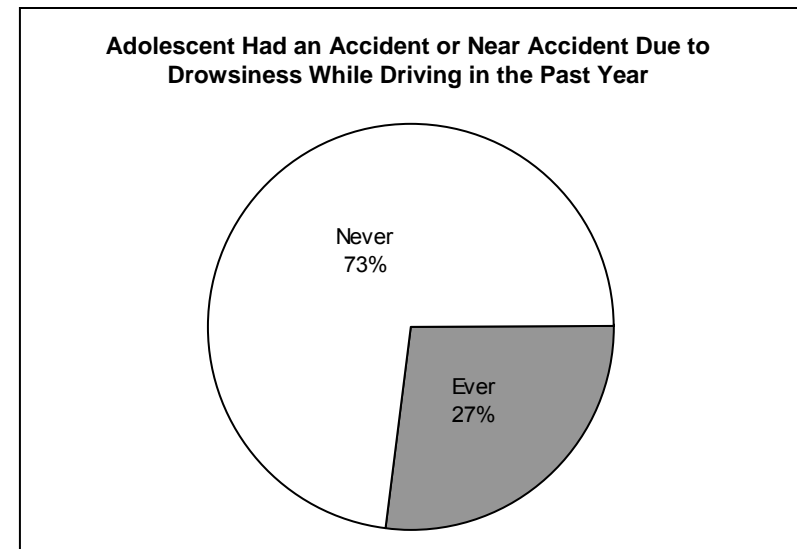
And, among those twenty-one adolescents in 10th through 12th grade who have nodded off or fallen asleep while driving in the past year, 27% (5 respondents) have had an accident or near accident due to drowsiness while driving.



Base = Those adolescents who drive (n=512)

Letters indicate significant differences at the 95% confidence level.

C29



Base = Those adolescents in 10th-12th grade who have ever nodded off or fallen asleep while driving in the past year (n=21*)

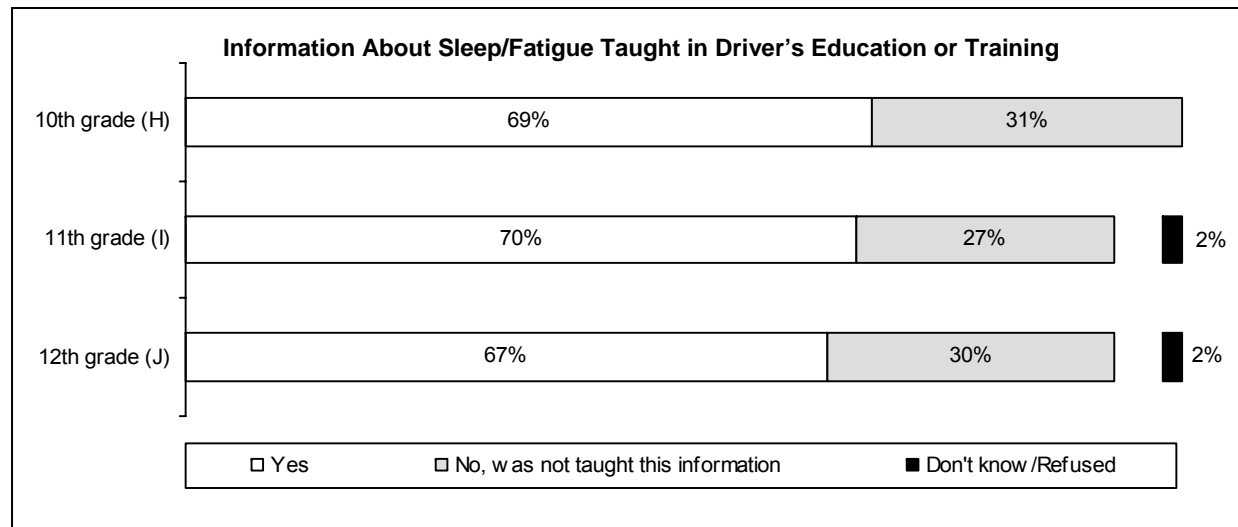
*Caution: Small base

C30

Sleep Taught in Driver's Education

Those adolescents who had taken driver's education or training were asked if information about sleep or fatigue was provided during this training.

- About seven in ten adolescents who had taken driver's education or training (69%) reported that information about sleep or fatigue was provided during this training.



Base = Those adolescents who have taken driver's education or training (n=442)

Letters indicate significant differences at the 95% confidence level.

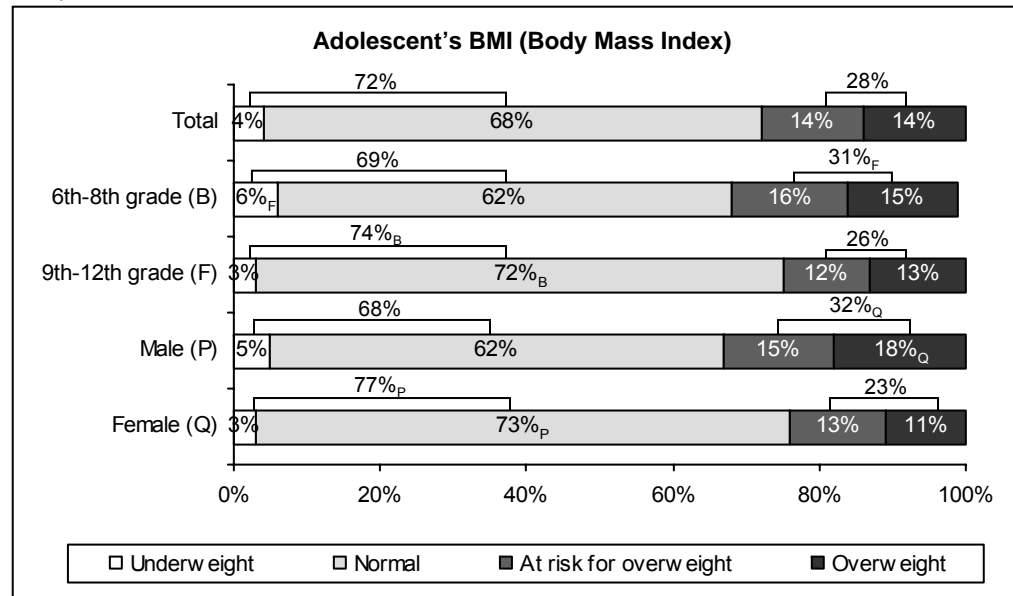
C31A

Characteristics of Respondents/Sleep Profiles

Adolescent's BMI (continued)

Body Mass Index (BMI) was calculated for each adolescent surveyed, based on reported height and weight (as defined by the CDC). These calculations were corrected for age and gender. (Additional detail on how BMI was calculated can be found in the Appendix.) The NSF 2006 *Sleep in America* poll indicates that the majority of the adolescents surveyed are of normal weight (68%), while 4% are underweight, 14% are at risk for being overweight, and 14% are overweight.

- Female adolescents are more likely than male adolescents to be of normal weight (73% vs. 62%), while males are more likely than females to be overweight (18% vs. 11%).



Base = Those caregivers answering (n=1,514)
 Letters indicate significant differences at the 95% confidence level.
 P4

Adolescent's BMI (Body Mass Index)								
	Total	6 th grade	7 th grade	8 th grade	9 th grade	10 th grade	11 th grade	12 th grade
n =	(1,514)	C (212)	D (219)	E (233)	G (221)	H (230)	I (209)	J (190)
Net: Underweight/Normal	72%	68%	64%	74% _D	70%	77% _D	71%	81% _{CDGI}
Underweight	4	10 _{DGHJ}	4	6 _H	2	2	4	3
Normal	68	59	60	68 _C	68	75 _{CD}	67	78 _{CDEGI}
Net: At risk/Overweight	28	32 _J	36 _{EHJ}	26	30 _J	23	29 _J	19
At risk for overweight	14	14	20 _{HJ}	14	13	11	16	10
Overweight	14	18 _J	16	12	17 _J	12	13	10

Base = Those caregivers answering
 Letters indicate significant differences at the 95% confidence level.
 P4

Sleep Profile – Adolescent’s BMI

Adolescent’s BMI

	Net: Underweight/ Normal B	Net: At Risk/ Overweight C	At Risk for Overweight D	Overweight E
	(1078)	(436)	(218)	(218)
<u>Set bedtime on school nights</u>				
Yes	70%	75%	74%	76%
<u>Adult involved in waking adolescent on school days</u>				
Yes	67%	69%	69%	68%
<u>Length of time taken to fall asleep on school nights</u>				
Less than 10 minutes	25%	24%	26%	22%
10 to 29 minutes	50 _C	43	43	43
30 minutes or more	25	32 _B	30	34 _B
<u>Hours slept on school nights</u>				
Insufficient (Less than 8 hours)	45%	46%	45%	47%
Borderline (8 to less than 9 hours)	30	30	29	32
Optimal (9 or more hours)	20	19	21	17
Mean (# of hours)	7.6	7.6	7.6	7.5
<u>Hours slept on non-school nights</u>				
Insufficient (Less than 8 hours)	14%	25% _B	27% _B	22% _B
Borderline (8 to less than 9 hours)	21	21	17	24
Optimal (9 or more hours)	61 _{CDE}	50	51	49
Mean (# of hours)	9.0 _{CDE}	8.5	8.5	8.5
<u>Average hours slept per night</u>	8.0 _{CE}	7.8	7.9	7.8
<u>Total hours slept per week</u>	56.1 _{CE}	54.9	55.1	54.6
<u>Parent believes adolescent gets enough sleep on school nights</u>				
Every night/Almost every night	71%	71%	70%	71%
<u>Quality of adolescent’s sleep</u>				
Fair/Poor	8%	12% _B	12%	12%
<u>“I had a good night’s sleep”</u>				
Every night or almost every night	43%	38%	40%	36%
A few nights a month or less	21	26	24	27

Sleep Profile – Adolescent’s BMI

Adolescent’s BMI (continued)

	Net: Underweight/ Normal B	Net: At Risk/ Overweight C	At Risk for Overweight D	Overweight E
	(1078)	(436)	(218)	(218)
<u>Actual vs. minimum hours of sleep needed (school nights)</u>				
Get <u>less</u> sleep than needed	56%	56%	53%	59%
Get the <u>same</u> amount of sleep as needed	24	22	21	23
Get <u>more</u> sleep than needed	14	16	20 _E	12
<u>Lark or owl</u>				
Lark (Morning person)	35%	33%	32%	35%
Owl (Evening person)	56	58	60	56
<u>At least a few days/nights a week</u>				
Difficulty falling asleep	28%	33%	28%	39% _{BD}
Difficulty staying asleep	18	21	16	26 _{BD}
Fallen asleep in school	11	13	12	13
Had trouble getting along with family	20	23	19	28 _{BD}
Felt too tired or sleepy during the day	34 _D	30	25	35 _D
Fallen asleep while doing homework/studying	9	10	9	10
Felt cranky or irritable during the day	22	22	18	26
Arrived late or missed school because you overslept	4	7	6	7
Felt too tired to do exercise or other physical activity	16	16	13	19
Snored	12	23 _B	22 _B	24 _B
At risk for RLS	7	10	96	13 _{BD}
<u>Sleep problem</u>				
Parent thinks adolescent has (Yes)	6%	9%	9%	8%
Adolescent thinks has (Yes/Maybe)	14	20 _B	15	24 _{BD}
<u>Depressive mood score*</u>				
10-<15	45%	47%	53% _{BE}	42%
15-<20	38	35	31	38
20-30	17	17	16	19
<u>5+ hours/week</u>				
Sports/Exercise	49%	47%	51%	43%
Extracurricular activities	27	32	33	30
<u>Work at paying job</u>				
10+ hours/week	11%	10%	9%	11%
<u>Drink caffeinated beverages</u>				
2+ cups/cans per day	30%	34%	31%	38% _B
<u>Grades</u>				
As	31% _{CD}	19%	21%	16%
As and Bs/Bs	48	48	52	45
Bs and Cs or worse	20	32 _B	25	39 _{BC}

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Characteristics of Caregivers

The following chart outlines the demographic characteristics of the caregivers interviewed for the NSF 2006 *Sleep in America* poll.

Characteristics of Caregivers										
	<u>Total</u>	<u>6th – 8th grade</u>	<u>6th grade</u>	<u>7th grade</u>	<u>8th grade</u>	<u>9th – 12th grade</u>	<u>9th grade</u>	<u>10th grade</u>	<u>11th grade</u>	<u>12th grade</u>
		B	C	D	E	F	G	H	I	J
<u>Marital Status</u>	n = (1,602)	(710)	(228)	(238)	(244)	(892)	(233)	(239)	(221)	(199)
Married or Partnered	87%	87%	87%	87%	86%	87%	87%	87%	87%	86%
Divorced/Separated/Widowed	9	8	8	8	9	9	6	10	10	11
Single	4	5	4	5	6	4	7 _{H,I,J}	3	3	2
<u>Education of Parent/Caregiver</u>	n = (1,600)	(709)	(228)	(237)	(244)	(891)	(232)	(239)	(221)	(199)
High school or less	24%	23%	18%	27% _C	26% _C	25%	29% _C	24%	23%	23%
Technical school/Some college	30	30	31	32 _G	28	30	24	30	33 _G	32
College graduate	31	32	34	29	34	30	31	31	30	29
Advanced degree	15	14	18	12	12	15	16	16	14	16
<u>Education of Partner of Caregiver¹</u>	n = (1,376)	(609)	(199)	(202)	(208)	(767)	(201)	(205)	(189)	(172)
High school or less	33%	32%	28%	35%	35%	34%	39% _C	32%	32%	32%
Technical school/Some college	24	22	23	26 _E	18	25	21	26 _E	32 _{C,E,G,J}	21
College graduate	28	31 _F	36 _{D,G,I}	22	35 _{D,I}	25	26	28	20	27
Advanced degree	19	17	17	19	15	20	16	21	20	22
<u>Total Annual Household Income</u>	n = (1,474)	(663)	(212)	(219)	(232)	(811)	(213)	(221)	(199)	(178)
Less than \$50,000	34%	35%	33%	36%	35%	34%	34%	36%	34%	31%
\$50,000 to less than \$100,000	42	45	44	47	44	40	40	38	42	42
\$100,000 or more	23	20	23	17	21	26 _B	27 _D	26 _D	24	27 _D
<i>Mean</i>	\$75,700	\$72,800	\$76,000 _D	\$67,600	\$74,800	\$78,000 _B	\$77,800 _D	\$76,700 _D	\$77,300 _D	\$80,100 _D
<i>Median</i>	\$66,300	\$64,300	\$71,100	\$60,900	\$63,300	\$68,200	\$68,300	\$65,300	\$65,600	\$75,500

Base = Those caregivers answering

¹Base = Those caregivers who are married or partnered and answering

Letters indicate significant differences at the 95% confidence level.

P23, P24, P25, P26

Sleep Profile – Adolescent’s Race

Adolescent’s Race/Ethnicity

	<u>White</u> B	<u>Net: Minority</u> C	<u>Black/ African-American</u> D	<u>Hispanic</u> E	<u>Other</u> F
	(974)	(572)	(263)	(292)	(59)
<u>Set bedtime on school nights</u>					
Yes	71%	73%	71%	77% _B	67%
<u>Adult involved in waking adolescent on school days</u>					
Yes	68%	66%	71% _E	62%	61%
<u>Length of time taken to fall asleep on school nights</u>					
Less than 10 minutes	22%	31% _B	30% _B	31% _B	32%
10 to 29 minutes	51 _{CDE}	41	41	43	38
30 minutes or more	26	27	27	25	30
<u>Hours slept on school nights</u>					
Insufficient (Less than 8 hours)	43%	48% _B	51% _B	44%	49%
Borderline (8 to less than 9 hours)	31	29	28	28	32
Optimal (9 or more hours)	22 _D	18	14	23 _{DF}	12
Mean (# of hours)	7.7 _{CD}	7.4	7.2	7.6 _D	7.4
<u>Hours slept on non-school nights</u>					
Insufficient (Less than 8 hours)	14%	21% _B	28% _{BE}	16%	17%
Borderline (8 to less than 9 hours)	19	23	24	23	22
Optimal (9 or more hours)	62 _{CDE}	48	40	55 _D	56 _D
Mean (# of hours)	9.0 _{CD}	8.6	8.3	8.8 _D	9.0 _D
<u>Parent believes adolescent gets enough sleep on school nights</u>					
Every night/Almost every night	70%	73%	75%	72%	64%
<u>Quality of adolescent’s sleep</u>					
Fair/Poor	8%	11%	12%	11%	9%
<u>“I had a good night’s sleep”</u>					
Every night or almost every night	40%	43%	45%	42%	40%
A few nights a month or less	21	26 _B	25	27 _B	23
<u>Actual vs. minimum hours of sleep needed (school nights)</u>					
Get <u>less</u> sleep than needed	54%	59%	61%	57%	59%
Get the <u>same</u> amount of sleep as needed	25 _{CD}	20	17	23	19
Get <u>more</u> sleep than needed	15	14	14	13	16
<u>Lark or owl</u>					
Lark (Morning person)	34%	36%	37%	36%	33%
Owl (Evening person)	57	55	56	55	49

Sleep Profile – Adolescent’s Race

Adolescent’s Race/Ethnicity (continued)

	White B	Net: Minority C	Black/ African-American D	Hispanic E	Other F
	(974)	(614)	(263)	(292)	(59)
<u>At least a few days/nights a week</u>					
Difficulty falling asleep	30%	28%	29%	29%	21%
Difficulty staying asleep	18	21	27 _{BEF}	17	12
Fallen asleep in school	9	17 _B	20 _B	16 _B	13
Had trouble getting along with family	21 _E	18	23 _E	14	17
Felt too tired or sleepy during the day	32	33	34	31	36
Fallen asleep while doing homework/studying	5	15 _B	17 _{BF}	16 _{BF}	6
Felt cranky or irritable during the day	20	26 _B	30 _{BE}	22	23
Arrived late or missed school because you overslept	4	7 _B	8 _{BF}	7 _F	2
Felt too tired to do exercise or other physical activity	15	18	20	15	19
Snored	13	19 _B	22 _B	17	16
At risk for RLS	6	11 _B	12 _{BF}	11 _{BF}	4
<u>Sleep problem</u>					
Parent thinks adolescent has (Yes)	7%	6%	5%	7%	4%
Adolescent thinks has (Yes/Maybe)	14	19 _B	21 _B	18	16
<u>BMI</u>					
Underweight/Normal	72% _{CDE}	62%	58%	62%	76% _{DE}
At risk for overweight	12	15	17	15	8
Overweight	11	17 _B	18 _B	17 _B	9
<u>Depressive mood score*</u>					
10-<15	47%	43%	41%	43%	48%
15-<20	36	37	38	37	34
20-30	16	19	20	19	17
<u>5+ hours/week</u>					
Sports/Exercise	52% _{CDE}	42%	40%	43%	46%
Extracurricular activities	27	29	29	26	38
<u>Work at paying job</u>					
10+ hours/week	14% _{CDE}	7%	5%	8%	7%
<u>Drink caffeinated beverages</u>					
2+ cups/cans per day	29%	35% _B	40% _B	33%	27%
<u>Grades</u>					
As	33% _{CDE}	18%	11%	19% _D	35% _{DE}
As and Bs/Bs	47	50	49	53	48
Bs and Cs or worse	20	30 _B	38 _{BEF}	26 _B	17

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Sleep Profile – Gender of Adolescent

Gender of Adolescent

	<u>Male</u> B	<u>Female</u> C
	(799)	(803)
<u>Set bedtime on school nights</u>		
Yes	74% ^C	69%
<u>Adult involved in waking adolescent on school days</u>		
Yes	71% ^C	63%
<u>Length of time taken to fall asleep on school nights</u>		
Less than 10 minutes	26%	24%
10 to 29 minutes	46	49
30 minutes or more	27	26
<u>Hours slept on school nights</u>		
Insufficient (Less than 8 hours)	43%	46%
Borderline (8 to less than 9 hours)	32	30
Optimal (9 or more hours)	20	20
Mean (# of hours)	7.7 ^C	7.5
<u>Hours slept on non-school nights</u>		
Insufficient (Less than 8 hours)	18%	16%
Borderline (8 to less than 9 hours)	20	21
Optimal (9 or more hours)	56	58
Mean (# of hours)	8.8	8.9
<u>Parent believes adolescent gets enough sleep on school nights</u>		
Every night/Almost every night	72%	69%
<u>Quality of adolescent's sleep</u>		
Fair/Poor	10%	8%
<u>"I had a good night's sleep"</u>		
Every night or almost every night	42%	41%
A few nights a month or less	21	24
<u>Actual vs. minimum hours of sleep needed (school nights)</u>		
Get <u>less</u> sleep than needed	53%	59% ^B
Get the <u>same</u> amount of sleep as needed	23	23
Get <u>more</u> sleep than needed	17 ^C	12
<u>Lark or owl</u>		
Lark (Morning person)	34%	35%
Owl (Evening person)	56	56

	<u>Male</u> B	<u>Female</u> C
	(799)	(803)
<u>At least a few days/nights a week</u>		
Difficulty falling asleep	27%	32% ^B
Difficulty staying asleep	16	22 ^B
Fallen asleep in school	12	11
Had trouble getting along with family	17	24 ^B
Felt too tired or sleepy during the day	30	35
Fallen asleep while doing homework/studying	7	10
Felt cranky or irritable during the day	17	27 ^B
Arrived late or missed school because you overslept	4	6
Felt too tired to do exercise or other physical activity	13	19 ^B
Snored	17 ^C	13
At risk for RLS	8	8
<u>Sleep problem</u>		
Parent thinks adolescent has (Yes)	7%	6%
Adolescent thinks has (Yes/Maybe)	13	18 ^B
<u>BMI</u>		
Underweight/Normal	64%	73% ^B
At risk for overweight	14	12
Overweight	17 ^C	10
<u>Depressive mood score*</u>		
10-<15	53% ^C	38%
15-<20	33	40 ^B
20-30	13	21 ^B
<u>5+ hours/week</u>		
Sports/Exercise	52% ^C	45%
Extracurricular activities	27	29
<u>Work at paying job</u>		
10+ hours/week	10%	12%
<u>Drink caffeinated beverages</u>		
2+ cups/cans per day	35% ^C	27%
<u>Grades</u>		
As	23%	32% ^B
As and Bs/Bs	45	51 ^B
Bs and Cs or worse	31 ^C	17

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Sleep Profile – Household Income

Household Income

	< \$50,000 B	\$50,000- < \$100,000 C	\$100,000 or more D
<u>Set bedtime on school nights</u>			
Yes	74% _D	71%	67%
<u>Adult involved in waking adolescent on school days</u>			
Yes	65%	69%	67%
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	25%	25%	26%
10 to 29 minutes	44	49	48
30 minutes or more	30 _C	25	25
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	44%	44%	47%
Borderline (8 to less than 9 hours)	31	30	31
Optimal (9 or more hours)	19	21	21
Mean (# of hours)	7.5	7.7	7.7
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	19% _D	17%	14%
Borderline (8 to less than 9 hours)	24	20	20
Optimal (9 or more hours)	51	59 _B	64 _B
Mean (# of hours)	8.7	8.9	9.1 _B
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	74% _D	72%	67%
<u>Quality of adolescent's sleep</u>			
Fair/Poor	10%	10%	7%
<u>"I had a good night's sleep"</u>			
Every night or almost every night	46% _{CD}	40%	37%
A few nights a month or less	22	22	23
<u>Actual vs. minimum hours of sleep needed (school nights)</u>			
Get <u>less</u> sleep than needed	55%	56%	61%
Get the <u>same</u> amount of sleep as needed	24	23	21
Get <u>more</u> sleep than needed	13	14	16
<u>Lark or owl</u>			
Lark (Morning person)	35%	38% _D	31%
Owl (Evening person)	56	53	61 _C

	< \$50,000 B	\$50,000- < \$100,000 C	\$100,000 or more D
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	33% _D	29%	27%
Difficulty staying asleep	22 _D	20 _D	14
Fallen asleep in school	14 _C	10	12
Had trouble getting along with family	22 _D	21	17
Felt too tired or sleepy during the day	34	32	33
Fallen asleep while doing homework/studying	10	9	7
Felt cranky or irritable during the day	24 _D	24	18
Arrived late or missed school because you overslept	8 _D	5 _D	2
Felt too tired to do exercise or other physical activity	17	18 _D	12
Snored	21 _{CD}	14	10
At risk for RLS	9	8	7
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	8% _D	7%	4%
Adolescent thinks has (Yes/Maybe)	19 _D	15	13
<u>BMI</u>			
Underweight/Normal	60%	69% _B	77% _{BC}
At risk for overweight	16 _D	12	11
Overweight	16 _D	15 _D	8
<u>Depressive mood score*</u>			
10-<15	44%	46%	45%
15-<20	36	36	40
20-30	19	18	15
<u>5+ hours/week</u>			
Sports/Exercise	39%	51% _B	59% _{BC}
Extracurricular activities	29	28	26
<u>Work at paying job</u>			
10+ hours/week	10%	12%	10%
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	36% _C	28%	32%
<u>Grades</u>			
As	20%	28% _B	38% _{BC}
As and Bs/Bs	49	50	44
Bs and Cs or worse	30 _{CD}	21	17

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Sleep Profile – Grades Adolescent Mostly Receives in School

Grades Adolescent Mostly Receives in School

	A's B	A's and B's/ B's C	B's and C's or worse D
	(434)	(771)	(384)
<u>Set bedtime on school nights</u>			
Yes	69%	71%	76% _{BC}
<u>Adult involved in waking adolescent on school days</u>			
Yes	65%	65%	74% _{BC}
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	27%	24%	24%
10 to 29 minutes	52 _D	49 _D	40
30 minutes or more	19	26 _B	35 _{BC}
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	40%	46%	47%
Borderline (8 to less than 9 hours)	32	30	29
Optimal (9 or more hours)	25 _{CD}	20	16
Mean (# of hours)	7.8 _{CD}	7.6 _D	7.4
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	13%	17% _B	22% _{BC}
Borderline (8 to less than 9 hours)	18	22	21
Optimal (9 or more hours)	67 _{CD}	57 _D	48
Mean (# of hours)	9.1 _{CD}	8.9 _D	8.6
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	73%	71%	69%
<u>Quality of adolescent's sleep</u>			
Fair/Poor	5%	7%	17% _{BC}
<u>"I had a good night's sleep"</u>			
Every night or almost every night	42%	42%	38%
A few nights a month or less	21	20	28 _{BC}
<u>Actual vs. minimum hours of sleep needed (school nights)</u>			
Get <u>less</u> sleep than needed	53%	56%	59%
Get the <u>same</u> amount of sleep as needed	26 _D	25 _D	17
Get <u>more</u> sleep than needed	17	14	14
<u>Lark or owl</u>			
Lark (Morning person)	32%	37%	34%
Owl (Evening person)	56	56	57

	A's B	A's and B's/ B's C	B's and C's or worse D
	(434)	(771)	(384)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	24%	29%	37 _{BC}
Difficulty staying asleep	14	18	26 _{BC}
Fallen asleep in school	8	10	18 _{BC}
Had trouble getting along with family	16	21	25 _B
Felt too tired or sleepy during the day	29	32	37 _B
Fallen asleep while doing homework/studying	7	8	11
Felt cranky or irritable during the day	20	23	23
Arrived late or missed school because you overslept	4	5	7
Felt too tired to do exercise or other physical activity	15	16	17
Snored	11	13	25 _{BC}
At risk for RLS	4	8 _B	13 _{BC}
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	4%	5%	13% _{BC}
Adolescent thinks has (Yes/Maybe)	9	16 _B	24 _{BC}
<u>BMI</u>			
Underweight/Normal	78% _{CD}	68% _D	58%
At risk for overweight	10	14 _B	14
Overweight	8	12 _B	22 _{BC}
<u>Depressive mood score*</u>			
10-<15	46%	48%	42%
15-<20	38	37	35
20-30	16	16	21 _C
<u>5+ hours/week</u>			
Sports/Exercise	59% _{CD}	47% _D	40%
Extracurricular activities	35 _{CD}	27 _D	21
<u>Work at paying job</u>			
10+ hours/week	8%	11%	14% _B
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	24%	31% _B	40% _{BC}

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Sleep Profile – Actual vs. Minimum Hours of Sleep Needed on School Nights

Actual vs. Minimum Hours of Sleep Needed on School Nights

	Get less than needed B	Get same as needed C	Get more than needed D
	(890)	(377)	(239)
<u>Set bedtime on school nights</u>			
Yes	67%	80% _B	75% _B
<u>Adult involved in waking adolescent on school days</u>			
Yes	66%	66%	72%
<u>Length of time taken to fall asleep on school nights</u>			
Less than 10 minutes	23%	27%	29%
10 to 29 minutes	46	54 _B	47
30 minutes or more	30 _{CD}	19	23
<u>Hours slept on school nights</u>			
Insufficient (Less than 8 hours)	64% _{CD}	21%	24%
Borderline (8 to less than 9 hours)	27	49 _{BD}	25
Optimal (9 or more hours)	9	30 _B	52 _{BC}
Mean (# of hours)	7.2	8.1 _B	8.5 _{BC}
<u>Hours slept on non-school nights</u>			
Insufficient (Less than 8 hours)	16%	19%	19%
Borderline (8 to less than 9 hours)	23	20	19
Optimal (9 or more hours)	59	60	60
Mean (# of hours)	8.9	8.9	8.9
<u>Parent believes adolescent gets enough sleep on school nights</u>			
Every night/Almost every night	63%	83% _B	80% _B
<u>Quality of adolescent's sleep</u>			
Fair/Poor	11% _{CD}	7%	6%
<u>"I had a good night's sleep"</u>			
Every night or almost every night	28%	59% _B	56% _B
A few nights a month or less	30 _{CD}	7	15 _C
<u>Lark or owl</u>			
Lark (Morning person)	29%	45% _B	39% _B
Owl (Evening person)	62 _{CD}	47	50

	Get less than needed B	Get same as needed C	Get more than needed D
	(890)	(377)	(239)
<u>At least a few days/nights a week</u>			
Difficulty falling asleep	35% _{CD}	22%	20%
Difficulty staying asleep	22 _{CD}	12	15
Fallen asleep in school	16 _{CD}	5	5
Had trouble getting along with family	24 _{CD}	13	16
Felt too tired or sleepy during the day	43 _{CD}	17	19
Fallen asleep while doing homework/studying	12 _{CD}	2	5
Felt cranky or irritable during the day	30 _{CD}	11	12
Arrived late or missed school because you overslept	6 _D	3	2
Felt too tired to do exercise or other physical activity	21 _{CD}	7	8
Snored	15	15	15
At risk for RLS	11 _{CD}	4	3
<u>Sleep problem</u>			
Parent thinks adolescent has (Yes)	8% _{CD}	5%	5%
Adolescent thinks has (Yes/Maybe)	22 _{CD}	7	7
<u>BMI</u>			
Underweight/Normal	68%	69%	66%
At risk for overweight	12	12	18
Overweight	14	13	11
<u>Depressive mood score*</u>			
10-<15	38%	58% _B	53% _B
15-<20	39	34	34
20-30	22 _{CD}	7	12 _C
<u>5+ hours/week</u>			
Sports/Exercise	47%	51%	54%
Extracurricular activities	28	31	25
<u>Work at paying job</u>			
10+ hours/week	14% _{CD}	8%	6%
<u>Drink caffeinated beverages</u>			
2+ cups/cans per day	33%	29%	27%
<u>Grades</u>			
As	26%	31%	31%
As and Bs/Bs	48	51	44
Bs and Cs or worse	25 _C	17	23

* Please refer to page 44 of the Summary of Findings for an explanation of the depressive mood score.

Appendix

Adolescent BMI Calculation

Caregivers were asked to report their adolescent's height and weight, without shoes. Using this information, the Body Mass Index (BMI) for all adolescents was calculated using the following formula:

$$\text{BMI} = \frac{\text{Weight in pounds}}{(\text{Height in inches})^2} \times 705$$

Unlike for adults, BMI for adolescents is gender and age specific because an adolescent's level of body fat changes as they grow and because male and females differ in their level of body fat as they mature. Thus, adolescents are classified as underweight, normal, at risk for being overweight, or overweight by the following tables (as defined by the CDC):

Adolescent Females				
Age	Underweight	Normal	At Risk for Overweight	Overweight
	< 5 th percentile	5 th - <85 th percentile	85 th - <95 th percentile	95 th percentile +
11	<14.4	14.4- <20.8	20.8- <24.1	24.1+
12	<14.6	14.6- <21.7	21.7- <25.3	25.3+
13	<15.3	15.3- <22.5	22.5- <26.4	26.4+
14	<15.8	15.8- <23.3	23.3- <27.2	27.2+
15	<16.3	16.3- <24.0	24.0- <28.2	28.2+
16	<16.8	16.8- <24.6	24.6- <28.9	28.9+
17	<17.2	17.2- <25.2	25.2- <29.6	29.6+

Adolescent Males				
Age	Underweight	Normal	At Risk for Overweight	Overweight
	< 5 th percentile	5 th - <85 th percentile	85 th - <95 th percentile	95 th percentile +
11	<14.5	14.5- <20.2	20.2- <23.2	23.2+
12	<15.0	15.0- <21.0	21.0- <24.2	24.2+
13	<15.4	15.4- <21.8	21.8- <25.2	25.2+
14	<15.9	15.9- <22.6	22.6- <26.0	26.0+
15	<16.5	16.5- <23.4	23.4- <26.8	26.8+
16	<17.1	17.1- <24.3	24.3- <27.5	27.5+
17	<17.7	17.7- <24.9	24.9- <28.2	28.2+

Questionnaire

WB&A
Job #05-638
August 2005

Time Started: _____
Time Ended: _____
Call Length: _____
Sample Page: _____
ID#: _____

**NATIONAL SLEEP FOUNDATION
2006 SLEEP IN AMERICA POLL
SCREENING QUESTIONNAIRE**

Respondent Name: _____

Telephone Number: _____

Interviewer: _____ Date: _____ Day of week: _____

Hello, I am _____ with WB&A, a national research firm. I am calling on behalf of the National Sleep Foundation to conduct a survey about children's sleep habits. This is not a sales call; it is a research survey, and your responses will be kept strictly confidential.

S1. First, are there any children living in your home in grades 6-12?

- 01 Yes → **CONTINUE**
- 02 No → **THANK AND TERMINATE**
- 98 Refused → **THANK AND TERMINATE**

S2. For these children, are you...**(READ LIST.)**

- 01 The primary caregiver, → **CONTINUE**
- 02 Someone who shares equally in the childcare, or → **CONTINUE**
- 03 Is someone else the primary caregiver? → **ASK TO SPEAK TO THE PRIMARY CAREGIVER AND RESCREEN**
- 98 **DO NOT READ:** Refused → **THANK AND TERMINATE**

S2a. For how many of these children in grades 6-12 are you the caregiver?
(RECORD NUMBER OF CHILDREN BELOW. DO NOT ACCEPT RANGES. RECORD 99 FOR "DON'T KNOW" AND 98 FOR "REFUSED." IF NONE, THANK AND TERMINATE)

of Children: _____

IF RESPONDENT IS NOT A CAREGIVER FOR CHILDREN IN GRADES 6-12, THANK AND TERMINATE. SAY: Today, we are only interviewing people with children in grades 6 through 12. Those are all the questions I have.

S3. Thinking about these children in grades 6-12, starting with your youngest child, what is this child's age?

S4. Is this child male or female? **QUOTA (n=____) EACH**

S5. Would you consider this child to be White, Black, Hispanic, Asian, or of some other racial or ethnic background?

S6. What grade is he or she in? **(DO NOT READ LIST.)**

ASK S4 – S6 FOR EACH CHILD IN GRADES 6-12 BEFORE GOING TO THE NEXT CHILD. ALLOW UP TO SIX CHILDREN. ONLY RECORD FOR THOSE CHILDREN IN GRADES 6-12.

S3_1. **ASK:** What is the age of the next youngest child?

	Child 1 (Youngest)	Child 2	Child 3	Child 4	Child 5	Child 6
S3. Age	____ Years 98 Refused	____ Years 98 Refused	____ Years 98 Refused	____ Years 98 Refused	____ Years 98 Refused	____ Years 98 Refused
S4. Gender	01 Male 02 Female 98 Refused	01 Male 02 Female 98 Refused	01 Male 02 Female 98 Refused	01 Male 02 Female 98 Refused	01 Male 02 Female 98 Refused	01 Male 02 Female 98 Refused
S5. Racial Background	01 White 02 Black/AA 03 Hispanic 04 Asian 05 Native American 95 Other (specify:) 98 Refused	01 White 02 Black/AA 03 Hispanic 04 Asian 05 Native American 95 Other (specify:) 98 Refused	01 White 02 Black/AA 03 Hispanic 04 Asian 05 Native American 95 Other (specify:) 98 Refused	01 White 02 Black/AA 03 Hispanic 04 Asian 05 Native American 95 Other (specify:) 98 Refused	01 White 02 Black/AA 03 Hispanic 04 Asian 05 Native American 95 Other (specify:) 98 Refused	01 White 02 Black/AA 03 Hispanic 04 Asian 05 Native American 95 Other (specify:) 98 Refused
S6. Grade	06 6 th grade 07 7 th grade 08 8 th grade 09 9 th grade 10 10 th grade 11 11 th grade 12 12 th grade 98 Refused 99 Don't know	06 6 th grade 07 7 th grade 08 8 th grade 09 9 th grade 10 10 th grade 11 11 th grade 12 12 th grade 98 Refused 99 Don't know	06 6 th grade 07 7 th grade 08 8 th grade 09 9 th grade 10 10 th grade 11 11 th grade 12 12 th grade 98 Refused 99 Don't know	06 6 th grade 07 7 th grade 08 8 th grade 09 9 th grade 10 10 th grade 11 11 th grade 12 12 th grade 98 Refused 99 Don't know	06 6 th grade 07 7 th grade 08 8 th grade 09 9 th grade 10 10 th grade 11 11 th grade 12 12 th grade 98 Refused 99 Don't know	06 6 th grade 07 7 th grade 08 8 th grade 09 9 th grade 10 10 th grade 11 11 th grade 12 12 th grade 98 Refused 99 Don't know

DO NOT INTERVIEW ANY CHILD WHO IS 10 YEARS OLD OR YOUNGER, OR WHO IS 18 YEARS OR OLDER.

WE ARE ONLY INTERVIEWING CHILDREN AGE 11-17.

**IF ONLY ONE CHILD IN HOUSEHOLD AND AGE=10/18, THANK AND TERMINATE.
IF MULTIPLE CHILDREN IN HOUSEHOLD AND ONE AGE=10/18 AND OTHERS AGES=11-17,
RANDOMLY SELECT ONE TO INTERVIEW WHO IS AGE 11-17.**

**IF REFUSED AGE, GRADE, GENDER OF CHILD, THANK AND TERMINATE.
IF REFUSED RACE, CONTINUE, BUT TALLY.**

Questionnaire (continued)

Quotas – Grade Level	
Middle School	High School
6 th grade – 250 (125M/125F)	9 th grade – 250 (125M/125F)
7 th grade – 250 (125M/125F)	10 th grade – 250 (125M/125F)
8 th grade – 250 (125M/125F)	11 th grade – 250 (125M/125F)
	12 th grade – 250 (125M/125F)

Quotas – Race (per grade level)
White - 135
Black/African American - 50
Hispanic - 50
Other - 15

S7. **RECORD FROM SAMPLE:** Region

- | | | | |
|----|---------------|---|---------------|
| 01 | Northeast (1) | → | QUOTA (n=316) |
| 02 | Midwest (2) | → | QUOTA (n=410) |
| 03 | South (3) | → | QUOTA (n=618) |
| 04 | West (4) | → | QUOTA (n=406) |

SECTION 1: Parent Survey

As I mentioned earlier, this survey is about children's sleep habits. This is part of the National Sleep Foundation's annual poll about American's sleep habits. Keep in mind, there are no right or wrong answers. Now, I would like to ask you some general questions regarding **[IF ONLY ONE CHILD, READ: your child's] [IF MORE THAN ONE CHILD, READ: one of your children's]** sleep habits. **(SKIP TO NEXT PARAGRAPH IF ONLY CHILD)** I would like you to focus on one of your children, who will be randomly selected. Please focus on the child who is **[RANDOMLY INSERT AGE]. (IF RESPONDENT HAS TWINS THAT ARE THIS AGE, ASK THEM TO JUST THINK ABOUT ONE THEM FOR THIS SURVEY.)**

So I can refer to this child by name during this survey, could you please give me the name or initials of your **[INSERT AGE]** year-old? **(RECORD CHILD'S NAME. IF REFUSED, PLUG IN "THE CHILD")**

Child's name/initials: _____

First we will be asking you a series of questions about **[CHILD]**, and then we would like to ask **[CHILD]** some questions. Will that be okay? **(READ IF NECESSARY: The parent portion of this survey is expected to take 10 minutes, the child portion of this survey is expected to take 10 minutes.)**

- | | | | |
|----|---|---|--|
| 01 | Yes, agree for both parent and child to participate | → | CONTINUE |
| 02 | No, does not want child to participate | → | THANK AND TERMINATE |
| 03 | No, child cannot talk on phone due to special needs | → | RANDOMLY SELECT ANOTHER CHILD FOR INTERVIEW. GET NEW NAME/INITIALS |

P1. First, what is your relationship to **[CHILD]**? **(DO NOT READ LIST.)**

- | | |
|----|-------------------------------|
| 01 | Mother |
| 02 | Father |
| 03 | Stepmother |
| 04 | Stepfather |
| 05 | Grandmother |
| 06 | Grandfather |
| 07 | Foster mother |
| 08 | Foster father |
| 09 | Nanny/babysitter |
| 95 | Other (SPECIFY): _____ |
| 98 | Refused |
| 99 | Don't know |

P2. What is **[CHILD]**'s approximate height without shoes? **(RECORD HEIGHT IN FEET AND INCHES BELOW. DO NOT ACCEPT RANGES. RECORD 99 FOR "DON'T KNOW" AND 98 FOR "REFUSED.")**

Feet: _____
Inches: _____

P3. What is **[CHILD]**'s approximate weight without shoes? **(RECORD WEIGHT IN POUNDS BELOW. DO NOT ACCEPT RANGES. RECORD 999 FOR "DON'T KNOW" AND 998 FOR "REFUSED.")**

Weight: _____

P4. **RECORD BMI (BODY MASS INDEX) HERE** _____.

Questionnaire (continued)

P5. Does [CHILD] have his or her own bed?

- 01 Yes
- 02 No
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

P6. How many people does [CHILD] share a bedroom with? **(DO NOT READ LIST.)**

- 01 1 person
- 02 2 people
- 03 3 people
- 04 4 people
- 05 More than 4 people
- 96 None
- 98 Refused
- 99 Don't know

P7. Does [CHILD] have any of the following in his or her bedroom? **(READ LIST. RANDOMIZE.)**

	Yes	No	Don't Know	Refused
a. Television	01	02	99	98
b. Computer	01	02	99	98
c. Telephone	01	02	99	98
d. Cell phone	01	02	99	98
e. Internet access	01	02	99	98
f. Electronic or video games	01	02	99	98
g. Electronic music devices such as a radio or Mp3 player	01	02	99	98

P8. Do you set [CHILD]'s bedtime on school nights?

- 01 Yes → **CONTINUE**
- 02 No
- 98 Refused → **SKIP TO P9**
- 99 Don't know

IF "01" IN P8, ASK P8A. OTHERWISE SKIP TO P9

P8A. What is [CHILD]'s set bedtime on school nights? **(RECORD TIME BELOW. DO NOT ACCEPT RANGES. RECORD 99:99 FOR "DON'T KNOW" AND 99:98 FOR "REFUSED".)**

__ : __ HOUR:MINUTE

ASK EVERYONE:

P9. Are you or another adult in the household involved in waking [CHILD] in the morning on school days?

- 01 Yes
- 02 No
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

P10. How often would you say [CHILD] gets enough sleep on school nights? **(READ LIST.)**

- 05 Every night or almost every night,
- 04 A few nights a week,
- 03 A few nights a month,
- 02 Rarely, or
- 01 Never
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

P11. In general, do you consider [CHILD] to be an excellent, very good, good, fair or poor sleeper?

- 05 Excellent,
- 04 Very good,
- 03 Good,
- 02 Fair, or
- 01 Poor
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

P12. Do you think that [CHILD] has a sleep problem?

- 01 Yes
- 02 No
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know/Not sure

P13. During the past two weeks, how often did [CHILD] snore? Would you say...?

- 05 Every night or almost every night,
- 04 A few nights a week,
- 03 About once a week,
- 02 Rarely, or
- 01 Never
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

Questionnaire (continued)

P14. What type of school does [CHILD] attend? (READ LIST.)

- 01 Public,
- 02 Parochial (religious affiliation),
- 03 Private or Independent, or
- 04 Home schooled
- 95 **DO NOT READ:** Other (specify): _____
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

P15. On most days, what time does [CHILD]'s school start? (RECORD TIME BELOW. DO NOT ACCEPT RANGES. RECORD 99:99 FOR "DON'T KNOW" AND 99:98 FOR "REFUSED." IF CHILD IS HOMESCHOOLED BEGINNING AT NO SET TIME, RECORD 00:00. IF START TIME VARIES, RECORD 99:96)

__ : __ HOUR:MINUTE

P16. On most days, what time does [CHILD] usually leave the house in the morning for school? (RECORD TIME BELOW. DO NOT ACCEPT RANGES. RECORD 99:99 FOR "DON'T KNOW" AND 99:98 FOR "REFUSED". IF HOME SCHOOLED IN OWN HOME, RECORD 00:00. IF LEAVING TIME VARIES, RECORD 99:96)

__ : __ HOUR:MINUTE

P17. On most days, how long does it take [CHILD] to get to school? (RECORD 99 FOR "DON'T KNOW" AND 98 FOR "REFUSED." IF HOME SCHOOLED IN OWN HOME, RECORD 00.)

__ HOURS
__ MINUTES

P18. On most days, how does [CHILD] get to school? (DO NOT READ LIST. MULTIPLE RESPONSES ACCEPTED.)

- 01 Drives self
- 02 Rides with friend/s
- 03 Rides with parent/s or other caregiver(s)/family member(s)
- 04 Walks
- 05 Rides a bicycle
- 06 Uses public transportation
- 07 Rides a school bus
- 08 Home schooled in own home
- 95 Other (specify): _____
- 98 Refused
- 99 Don't know

P19. On most days, what time does [CHILD] get home for the day? (RECORD TIME BELOW. DO NOT ACCEPT RANGES. RECORD 99:99 FOR "DON'T KNOW" AND 99:98 FOR "REFUSED." IF HOME SCHOOLED IN OWN HOME, RECORD 00:00. IF TIME VARIES, RECORD 99:96)

__ : __ HOUR:MINUTE

P20. Thinking about how [CHILD] does in school, what grades does [CHILD] mostly get? Would you say...? (READ LIST.)

- 01 A's,
- 02 A's and B's,
- 03 B's,
- 04 B's and C's,
- 05 C's,
- 06 C's and D's,
- 07 D's,
- 08 D's and F's, or
- 09 F's
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know/Not sure

P21. Think about [CHILD]'s usual schedule and how s/he spends his/her time during the school week. How much time does [CHILD] spend each week [INSERT]? Your best estimate is fine. (RANDOMIZE. RECORD IN HOURS AND MINUTES. USE 00 FOR NONE, 98 FOR REFUSED, 99 FOR DON'T KNOW.)

ACTIVITY	Number of hours
a. Participating on a sports team or exercising	
b. Doing extracurricular activities, such as scouts, music lessons or religious school	

P22. Does [CHILD] currently take any prescription medications for any of the following: (READ ITEM. RANDOMIZE. ALWAYS ASK G LAST.)

		Yes	No	Ref	DK
A	ADD or ADHD	01	02	98	99
B	Asthma	01	02	98	99
C	Depression	01	02	98	99
D	Diabetes	01	02	98	99
E	Sleep disorder	01	02	98	99
F	Allergies	01	02	98	99
G	Any other chronic condition (specify: _____)	01	02	98	99

P22A. This year, have you or do you plan to get [CHILD] vaccinated for the flu?

- 01 Yes
- 02 No
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

P23. What is your marital status? Are you...(READ LIST)

- 01 Married,
- 02 Partnered or living with someone,
- 03 Single,
- 04 Divorced,
- 05 Separated, or
- 06 Widowed?
- 98 **DO NOT READ:** Refused

Questionnaire (continued)

P24. What was the last grade or highest level of school that you have completed? **(DO NOT READ LIST.)**

- 01 8th grade or less
- 02 Some high school
- 03 Graduated high school/GED
- 04 Vocational/Technical school
- 05 Some college
- 06 Graduated college
- 07 Advanced degree (M.A., Ph.D., etc.)
- 98 Refused

IF "01-02" IN P23, ASK:

P25. What was the last grade or highest level of school that your partner has completed? **(DO NOT READ LIST.)**

- 01 8th grade or less
- 02 Some high school
- 03 Graduated high school/GED
- 04 Vocational/Technical school
- 05 Some college
- 06 Graduated college
- 07 Advanced degree (M.A., Ph.D., etc.)
- 98 Refused

ASK EVERYONE:

P26. Please stop me when I reach the category that includes your total annual household income. **(READ LIST. IF SINGLE, ASK FOR PERSONAL INCOME.)**

- 01 Under \$15,000,
- 02 \$15,000 to less than \$25,000,
- 03 \$25,000 to less than \$35,000,
- 04 \$35,000 to less than \$50,000,
- 05 \$50,000 to less than \$75,000,
- 06 \$75,000 to less than \$100,000,
- 07 \$100,000 to less than \$150,000,
- 08 \$150,000 to less than \$200,000, or
- 09 \$200,000 or more
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

READ TO EVERYONE:

Those are all the questions I have for you today. Now we would like to ask **[CHILD]** some questions. Can you please put **[CHILD]** on the phone. **IF NECESSARY:** We will simply be asking your child about their sleep habits, including what time they wake in the morning, if they think they get enough sleep, how often they feel tired, etc.

NOTE: IF PARENT IS CONCERNED ABOUT INTERVIEW, THEY MAY LISTEN IN WHILE CHILD IS INTERVIEWED, BUT THEY MAY NOT COACH CHILD WITH RESPONSES.

IF RESPONDENT ASKS FOR MORE INFORMATION ON THE NATIONAL SLEEP FOUNDATION, SAY:

For more information on the National Sleep Foundation, you can visit their Web site at www.sleepfoundation.org.

- | | | | |
|----|--------------------------------|---|--|
| 01 | Child available now | ➔ | CONTINUE WITH CHILD PART OF SURVEY |
| 02 | Child NOT available now | ➔ | SCHEDULE CALLBACK TO CONDUCT CHILD PART OF SURVEY |
| 98 | Refused to let child do survey | ➔ | THANK AND TERMINATE |

SECTION 2: Child Survey

READ: Hi, I'm _____, calling with a national research firm on behalf of the National Sleep Foundation. I've just asked your **[INSERT RESPONSE FROM P1]** some questions and now I'd like to ask you some questions about your sleep habits. First, I'd like to ask you several questions about school nights.

C1. On a typical school night in the past two weeks, what was the usual time that you tried to go to sleep for the night? **(DO NOT READ LIST.)**

- | | | | |
|----|---------------------------|----|---------------------|
| 01 | 12:00 AM (Midnight) | 20 | 8:00 PM – 8:14 PM |
| 02 | 12:01 AM – 12:14 AM | 21 | 8:15 PM – 8:29 PM |
| 03 | 12:15 AM – 12:29 AM | 22 | 8:30 PM – 8:44 PM |
| 04 | 12:30 AM – 12:44 AM | 23 | 8:45 PM – 8:59 PM |
| 05 | 12:45 AM – 12:59 AM | 24 | 9:00 PM – 9:14 PM |
| 06 | 1:00 AM – 1:14 AM | 25 | 9:15 PM – 9:29 PM |
| 07 | 1:15 AM – 1:29 AM | 26 | 9:30 PM – 9:44 PM |
| 08 | 1:30 AM – 1:44 AM | 27 | 9:45 PM – 9:59 PM |
| 09 | 1:45 AM – 1:59 AM | 28 | 10:00 PM – 10:14 PM |
| 10 | 2:00 AM – 2:14 AM | 29 | 10:15 PM – 10:29 PM |
| 11 | 2:15 AM – 2:29 AM | 30 | 10:30 PM – 10:44 PM |
| 12 | 2:30 AM – 2:44 AM | 31 | 10:45 PM – 10:59 PM |
| 13 | 2:45 AM – 2:59 AM | 32 | 11:00 PM – 11:14 PM |
| 14 | 3:00 AM – 3:59 AM | 33 | 11:15 PM – 11:29 PM |
| 15 | 4:00 AM – 4:59 AM | 34 | 11:30 PM – 11:44 PM |
| 16 | 5:00 AM – 8:59 AM | 35 | 11:45 PM – 11:59 PM |
| 17 | 9:00 AM – 11:59 AM | 98 | Refused |
| 18 | 12:00 PM (Noon) – 6:59 PM | 99 | Don't know |
| 19 | 7:00 PM – 7:59 PM | | |

Questionnaire (continued)

- C2. Thinking about your sleep habits within the past two weeks on school nights, how often have you done the following in the hour before you went to bed? Would you say that, in the past two weeks, you **[INSERT ACTIVITY]** within an hour of going to bed every night or almost every night, a few nights a week, a few nights a month, rarely or never? **(READ LIST. RANDOMIZE.)**

ACTIVITY	Every night or almost every night	A few nights a week	A few nights a month	Rarely	Never	Refused	Don't know
a. Did homework or studied	05	04	03	02	01	98	99
b. Watched TV	05	04	03	02	01	98	99
c. Talked on the phone	05	04	03	02	01	98	99
d. Instant messaged or went on the Internet	05	04	03	02	01	98	99
e. Read for fun	05	04	03	02	01	98	99
f. Played electronic or video games	05	04	03	02	01	98	99
g. Exercised	05	04	03	02	01	98	99

- C3. On most school nights, how long does it usually take you to fall asleep? Would you say...? **(READ LIST.)**

- 01 Less than 5 minutes,
 02 5 up to 10 minutes,
 03 10 up to 15 minutes,
 04 15 up to 30 minutes,
 05 30 up to 45 minutes,
 06 45 minutes up to 1 hour, or
 07 1 hour or more
 08 **DO NOT READ:** Depends/Varies
 98 **DO NOT READ:** Refused
 99 **DO NOT READ:** Don't know/Not sure

- C4. At what time do you usually get up on school days? **(DO NOT READ LIST.)**

- | | |
|------------------------|-------------------------------|
| 01 12:00 AM (Midnight) | 16 7:15 AM – 7:29 AM |
| 02 12:01 AM – 3:59 AM | 17 7:30 AM – 7:44 AM |
| 03 4:00 AM – 4:14 AM | 18 7:45 AM – 7:59 AM |
| 04 4:15 AM – 4:29 AM | 19 8:00 AM – 8:14 AM |
| 05 4:30 AM – 4:44 AM | 20 8:15 AM – 8:29 AM |
| 06 4:45 AM – 4:59 AM | 21 8:30 AM – 8:44 AM |
| 07 5:00 AM – 5:14 AM | 22 8:45 AM – 8:59 AM |
| 08 5:15 AM – 5:29 AM | 23 9:00 AM – 9:14 AM |
| 08 5:30 AM – 5:44 AM | 24 10:00 AM – 10:14 AM |
| 10 5:45 AM – 5:59 AM | 25 11:00 AM – 11:14 AM |
| 11 6:00 AM – 6:14 AM | 26 12:00 PM (Noon) – 12:14 PM |
| 12 6:15 AM – 6:29 AM | 27 6:00 PM – 6:14 PM |
| 13 6:30 AM – 6:44 AM | 98 Refused |
| 14 6:45 AM – 6:59 AM | 99 Don't know |
| 15 7:00 AM – 7:14 AM | |

- C5. What or who usually wakes you up at this time? **(DO NOT READ LIST. ACCEPT ONE RESPONSE ONLY.)**

- 01 Alarm clock
 02 Parents or family members are responsible for waking me up
 03 Need to go to the bathroom
 04 Light
 05 Household noises or pet
 06 Wake up naturally
 95 Other **(specify):** _____
 98 Refused
 99 Don't know

- C6. How long do you usually sleep on a normal school night? Please do not include hours spent awake in bed. **(RECORD NUMBER OF HOURS AND MINUTES BELOW. DO NOT ACCEPT RANGES. RECORD 98 FOR REFUSED AND 99 FOR DON'T KNOW.)**

Hours: _____
 Minutes: _____

READ: Now, I'd like to ask you several questions about non-school nights, such as weekend nights.

- C7. On a typical non-school night, such as weekends, in the past two weeks, what was the usual time that you tried to go to sleep for the night? **(DO NOT READ LIST.)**

- | | |
|------------------------------|------------------------|
| 01 12:00 AM (Midnight) | 20 8:00 PM – 8:14 PM |
| 02 12:01 AM – 12:14 AM | 21 8:15 PM – 8:29 PM |
| 03 12:15 AM – 12:29 AM | 22 8:30 PM – 8:44 PM |
| 04 12:30 AM – 12:44 AM | 23 8:45 PM – 8:59 PM |
| 05 12:45 AM – 12:59 AM | 24 9:00 PM – 9:14 PM |
| 06 1:00 AM – 1:14 AM | 25 9:15 PM – 9:29 PM |
| 07 1:15 AM – 1:29 AM | 26 9:30 PM – 9:44 PM |
| 08 1:30 AM – 1:44 AM | 27 9:45 PM – 9:59 PM |
| 09 1:45 AM – 1:59 AM | 28 10:00 PM – 10:14 PM |
| 10 2:00 AM – 2:14 AM | 29 10:15 PM – 10:29 PM |
| 11 2:15 AM – 2:29 AM | 30 10:30 PM – 10:44 PM |
| 12 2:30 AM – 2:44 AM | 31 10:45 PM – 10:59 PM |
| 13 2:45 AM – 2:59 AM | 32 11:00 PM – 11:14 PM |
| 14 3:00 AM – 3:14 AM | 33 11:15 PM – 11:29 PM |
| 15 4:00 AM – 4:14 AM | 34 11:30 PM – 11:44 PM |
| 16 5:00 AM – 5:14 AM | 35 11:45 PM – 11:59 PM |
| 17 9:00 AM – 11:59 AM | 98 Refused |
| 18 12:00 PM (Noon) – 6:59 PM | 99 Don't know |
| 19 7:00 PM – 7:59 PM | |

Questionnaire (continued)

C8. On most non-school nights, how long does it usually take you to fall asleep? Would you say...? (READ LIST.)

- 01 Less than 5 minutes,
- 02 5 up to 10 minutes,
- 03 10 up to 15 minutes,
- 04 15 up to 30 minutes,
- 05 30 up to 45 minutes,
- 06 45 minutes up to 1 hour, or
- 07 1 hour or more
- 08 **DO NOT READ:** Depends/Varies
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know/Not sure

C9. At what time do you usually get up on non-school days? (DO NOT READ LIST.)

- | | |
|------------------------|-------------------------------|
| 01 12:00 AM (Midnight) | 19 11:15 AM – 11:29 AM |
| 02 12:01 AM – 4:59 AM | 20 11:30 AM – 11:44 AM |
| 03 5:00 AM – 5:59 AM | 21 11:45 AM – 11:59 AM |
| 04 6:00 AM – 6:59 AM | 22 12:00 PM (Noon) – 12:14 PM |
| 05 7:00 AM – 7:59 AM | 23 12:15 PM – 12:29 PM |
| 06 8:00 AM – 8:14 AM | 24 12:30 PM – 12:44 PM |
| 07 8:15 AM – 8:29 AM | 25 12:45 PM – 12:59 PM |
| 08 8:30 AM – 8:44 AM | 26 1:00 PM – 1:14 PM |
| 09 8:45 AM – 8:59 AM | 27 1:15 PM – 1:29 PM |
| 10 9:00 AM – 9:14 AM | 28 1:30 PM – 1:44 PM |
| 11 9:15 AM – 9:29 AM | 29 1:45 PM – 1:59 PM |
| 12 9:30 AM – 9:44 AM | 30 2:00 PM – 2:14 PM |
| 13 9:45 AM – 9:59 AM | 31 2:15 PM – 2:29 PM |
| 14 10:00 AM – 10:14 AM | 32 2:30 PM – 2:44 PM |
| 15 10:15 AM – 10:29 AM | 33 2:45 PM – 2:59 PM |
| 16 10:30 AM – 10:44 AM | 34 3:00 PM – 5:59 PM |
| 17 10:45 AM – 10:59 AM | 35 6:00 PM – 11:59 PM |
| 18 11:00 AM – 11:14 AM | 98 Refused |
| | 99 Don't know |

C10. How long do you usually sleep on non-school nights, not including hours spent awake in bed? (RECORD NUMBER OF HOURS AND MINUTES BELOW. DO NOT ACCEPT RANGES. RECORD 98 FOR REFUSED AND 99 FOR DON'T KNOW.)

Hours: _____
Minutes: _____

READ: Now I'd like to ask you some more general questions about your sleep habits.

C11. In the past two weeks, on how many days did you take a nap? (RECORD NUMBER OF DAYS BELOW. DO NOT ACCEPT RANGES. RECORD 98 FOR REFUSED AND 99 FOR DON'T KNOW.)

Days: _____

IF "01-14" IN C11, ASK C12. OTHERWISE SKIP TO C13.

C12. On average, how long would you say you usually nap? Would you say...? (READ LIST.)

- 01 Less than 30 minutes,
- 02 30 minutes to less than 1 hour,
- 03 1 to less than 2 hours,
- 04 2 to less than 3 hours, or
- 05 3 hours or more
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

ASK EVERYONE:

C13. How much sleep do you think you need each night to feel your best? (RECORD NUMBER OF HOURS AND MINUTES BELOW. DO NOT ACCEPT RANGES. RECORD 99 FOR "DON'T KNOW" AND 98 FOR "REFUSED".)

Hours: _____
Minutes: _____

C14. Would you say you are...? (READ LIST.)

- 01 Mostly a morning person,
- 02 Somewhat a morning person,
- 03 Neither a morning nor an evening person,
- 04 Somewhat an evening person, or
- 05 Mostly an evening person
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

C15. How often do your parents or the people who take care of you talk to you about getting enough sleep? Would you say...? (READ LIST.)

- 05 Every day or almost every day,
- 04 A few days a week,
- 03 A few days a month,
- 02 Rarely, or
- 01 Never
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

C16. On how many nights can you say "I had a good night's sleep." Would you say...? (READ LIST.)

- 05 Every night or almost every night,
- 04 A few nights a week,
- 03 A few nights a month,
- 02 Rarely, or
- 01 Never
- 98 **DO NOT READ:** Refused
- 99 **DO NOT READ:** Don't know

Questionnaire (continued)

C17. In the last two weeks, how often have you...? (READ LIST. DO NOT RANDOMIZE.)

	Every night or almost every night	A few nights a week	About once a week	Rarely	Never	Refused	Don't know
a. Had difficulty falling asleep	05	04	03	02	01	98	99
b. Had difficulty staying asleep during the night	05	04	03	02	01	98	99
c. Woken up before you have to and tried to fall back to sleep but could not	05	04	03	02	01	98	99
d. Stayed up until at least 3:00am	05	04	03	02	01	98	99
e. Stayed up all night	05	04	03	02	01	98	99
f. Had nightmares or bad dreams	05	04	03	02	01	98	99
	Every day or almost every day	A few days a week	About once a week	Rarely	Never	Refused	Don't know
g. Needed more than one reminder to get up in the morning	05	04	03	02	01	98	99
h. Arrived late or missed school because you overslept	05	04	03	02	01	98	99
i. Fallen asleep in school	05	04	03	02	01	98	99
j. Felt too tired to do exercise or other physical activity	05	04	03	02	01	98	99
k. Had trouble concentrating or paying attention in school or while doing homework	05	04	03	02	01	98	99
l. Had trouble getting along with family	05	04	03	02	01	98	99
m. Had trouble getting along with friends	05	04	03	02	01	98	99
n. Had trouble getting along with teachers	05	04	03	02	01	98	99
o. Felt too tired or sleepy during the day	05	04	03	02	01	98	99
p. Fallen asleep while doing homework or studying	05	04	03	02	01	98	99
q. Felt cranky or irritable during the day	05	04	03	02	01	98	99

C18. Do you think you have a sleep problem?

- 01 Yes
 02 No
 03 Maybe
 98 **DO NOT READ:** Refused
 99 **DO NOT READ:** Don't know/Not sure

IF "01 OR 03" IN C18, ASK C19. OTHERWISE SKIP TO C20.

C19. Who have you told that you think you have a sleep problem? (READ LIST. MULTIPLE RESPONSES ACCEPTED.)

- 01 Your parent(s)
 02 A doctor, or
 95 Someone else (SPECIFY) _____
- 03 **DO NOT READ:** School nurse
 04 **DO NOT READ:** Teacher
 05 **DO NOT READ:** Coach
 06 **DO NOT READ:** Friend
- 96 **DO NOT READ:** No one
 98 **DO NOT READ:** Refused
 99 **DO NOT READ:** Don't know

ASK EVERYONE:

C20. In the past two weeks, how often did you have unpleasant feelings in your legs like creepy, crawly or tingly feelings at night with an urge to move when you lie down to sleep? Would you say...? (READ LIST.)

- 01 Never,
 02 Rarely,
 03 About once a week,,
 04 A few nights a week, or
 05 Every night or almost every night
 98 **DO NOT READ:** Refused
 99 **DO NOT READ:** Don't know/Not sure

IF "02-05" IN C20, ASK C21. OTHERWISE SKIP TO C22A

C21. Does moving your legs or feet make them feel better?

- 01 Yes
 02 No
 98 **DO NOT READ:** Refused
 99 **DO NOT READ:** Don't know/Not sure

Questionnaire (continued)

ASK EVERYONE:

C22A. Think about a time when it is easy for you to fall asleep; with that in mind, what time would you go to bed? **(DO NOT READ LIST.)**

01	12:00 AM (Midnight)	20	8:00 PM – 8:14 PM
02	12:01 AM – 12:14 AM	21	8:15 PM – 8:29 PM
03	12:15 AM – 12:29 AM	22	8:30 PM – 8:44 PM
04	12:30 AM – 12:44 AM	23	8:45 PM – 8:59 PM
05	12:45 AM – 12:59 AM	24	9:00 PM – 9:14 PM
06	1:00 AM – 1:14 AM	25	9:15 PM – 9:29 PM
07	1:15 AM – 1:29 AM	26	9:30 PM – 9:44 PM
08	1:30 AM – 1:44 AM	27	9:45 PM – 9:59 PM
09	1:45 AM – 1:59 AM	28	10:00 PM – 10:14 PM
10	2:00 AM – 2:14 AM	29	10:15 PM – 10:29 PM
11	2:15 AM – 2:29 AM	30	10:30 PM – 10:44 PM
12	2:30 AM – 2:44 AM	31	10:45 PM – 10:59 PM
13	2:45 AM – 2:59 AM	32	11:00 PM – 11:14 PM
14	3:00 AM – 3:59 AM	33	11:15 PM – 11:29 PM
15	4:00 AM – 4:59 AM	34	11:30 PM – 11:44 PM
16	5:00 AM – 8:59 AM	35	11:45 PM – 11:59 PM
17	9:00 AM – 11:59 AM	96	It depends
18	12:00 PM (Noon) – 6:59 PM	97	There is never an easy time for me to fall asleep
19	7:00 PM – 7:59 PM	98	Refused
		99	Don't know

C22B. Think about a time when it is easy for you to wake up; with that in mind, what time would you get up? **(DO NOT READ LIST.)**

01	12:00 AM (Midnight)	19	11:15 AM – 11:29 AM
02	12:01 AM – 4:59 AM	20	11:30 AM – 11:44 AM
03	5:00 AM – 5:59 AM	21	11:45 AM – 11:59 AM
04	6:00 AM – 6:59 AM	22	12:00 PM (Noon) – 12:14 PM
05	7:00 AM – 7:59 AM	23	12:15 PM – 12:29 PM
06	8:00 AM – 8:14 AM	24	12:30 PM – 12:44 PM
07	8:15 AM – 8:29 AM	25	12:45 PM – 12:59 PM
08	8:30 AM – 8:44 AM	26	1:00 PM – 1:14 PM
09	8:45 AM – 8:59 AM	27	1:15 PM – 1:29 PM
10	9:00 AM – 9:14 AM	28	1:30 PM – 1:44 PM
11	9:15 AM – 9:29 AM	29	1:45 PM – 1:59 PM
12	9:30 AM – 9:44 AM	30	2:00 PM – 2:14 PM
13	9:45 AM – 9:59 AM	31	2:15 PM – 2:29 PM
14	10:00 AM – 10:14 AM	32	2:30 PM – 2:44 PM
15	10:15 AM – 10:29 AM	33	2:45 PM – 2:59 PM
16	10:30 AM – 10:44 AM	34	3:00 PM – 5:59 PM
17	10:45 AM – 10:59 AM	35	6:00 PM – 11:59 PM
18	11:00 AM – 11:14 AM	96	It depends
		97	There is never an easy time for me to wake up
		98	Refused
		99	Don't know

C23. In the last two weeks, how often were you bothered or troubled by **[INSERT]**? Would you say...? **(READ LIST. RANDOMIZE.)**

	Not at all	Somewhat	Much	Refused	Don't know
a. Feeling unhappy, sad or depressed	01	02	03	98	99
b. Feeling hopeless about the future	01	02	03	98	99
c. Feeling nervous or tense	01	02	03	98	99
d. Worrying too much about things	01	02	03	98	99
e. Being stressed out or anxious	01	02	03	98	99

C24. Has a doctor ever asked you about your sleep?

- 01 Yes
 02 No
 98 **DO NOT READ:** Refused
 99 **DO NOT READ:** Don't know/Not sure

C25. How many cups or cans of caffeinated beverages, such as soda, energy drinks, coffee, tea, iced coffee, or iced tea do you typically drink each day? **(RECORD NUMBER BELOW. DO NOT ACCEPT RANGES. RECORD 99 FOR "DON'T KNOW," 98 FOR "REFUSED," 00 FOR "NONE" AND 97 FOR "LESS THAN ONE.")**

Caffeinated beverages: _____

C26. Think about your usual schedule and how you spend your time each school day. How much time do you spend each day **[INSERT]**? Your best estimate is fine. **(RANDOMIZE. RECORD IN HOURS AND MINUTES. USE 00 IF DO NOT DO ACTIVITY AT ALL, 98 FOR REFUSED, 99 FOR DON'T KNOW.)**

ACTIVITY	Number of hours
a. Studying and doing homework	
b. Watching TV	
c. Playing electronic or video games	
d. Surfing the Internet	
e. Talking on the phone or Instant Messaging	
f. Reading for fun	
g. Engaging in sports or exercising	

C26A. How many hours do you spend each week working at a paying job? Your best estimate is fine. **(USE 00 IF DO NOT WORK, 97 IF LESS THAN ONE HOUR, 98 FOR REFUSED, 99 FOR DON'T KNOW.)**

Hours: _____

Questionnaire (continued)

C27. How often do you drive a car or motor vehicle? Would you say...? (READ LIST.)

05 Every day,
 04 Several times a week,
 03 Once a week, → CONTINUE
 02 A few times a month, or

01 Never → SKIP TO C31

96 **DO NOT READ:** Don't drive/Don't have a license → SKIP TO C31
 98 **DO NOT READ:** Refused → CONTINUE
 99 **DO NOT READ:** Don't know/Not sure → CONTINUE

IF "02-05, 98, 99" IN C27, ASK C28. OTHERWISE SKIP TO C31.

C28. In the past year, how often have you driven a car or motor vehicle while feeling drowsy? Would you say...? (READ LIST.)

05 3 or more times a week,
 04 1 to 2 times a week,
 03 1 to 2 times a month,
 02 Less than once a month, or
 01 Never
 98 **DO NOT READ:** Refused
 99 **DO NOT READ:** Don't know

IF "02-05, 98, 99" IN C28, ASK C29. OTHERWISE SKIP TO C31.

C29. In the past year, have you ever nodded off or fallen asleep, even just for a brief moment, while driving? (DO NOT READ LIST.)

01 Yes → CONTINUE
 02 No
 96 Don't drive/Don't have a license → SKIP TO C31
 98 Refused
 99 Don't know

IF "01" IN C29, ASK C30. OTHERWISE SKIP TO C31.

C30. In the past year, how often have you had an accident or a near accident because you dozed off or were too tired while driving? Would you say...? (READ LIST.)

05 3 or more times a week,
 04 1 to 2 times a week,
 03 1 to 2 times a month,
 02 Less than once a month, or
 01 Never
 98 **DO NOT READ:** Refused
 99 **DO NOT READ:** Don't know

ASK EVERYONE:

C31. Has information about sleep or fatigue been taught to you in...? (READ LIST. RANDOMIZE. CLARIFY ALL NO RESPONSES: Was this information not taught to you, or have you not taken driver's education or training?)

ACTIVITY	No, Was not taught this information		No, Have not taken driver's education/training/	Refused	Don't know
	Yes	02			
a. Driver's education or training	01	02	96	98	99
b. Health class or other classes in school	01	02	n/a	98	99

READ TO EVERYONE

Those are all the questions I have. On behalf of the National Sleep Foundation, we would like to thank you very much for your cooperation. For quality control purposes, you may receive a follow-up phone call from my supervisor to verify that I have completed this interview.

IF RESPONDENT ASKS FOR MORE INFORMATION ON THE NATIONAL SLEEP FOUNDATION, SAY:

For more information on the National Sleep Foundation, you can visit their Web site at www.sleepfoundation.org.

RECORD NAME AND CONFIRM PHONE NUMBER FOR SUPERVISOR VERIFICATION