

Sleep, Energy & Healthy Routines Questionnaire

Part 1: Reflecting on Rest, Nutrition, and Daily Habits

1. On a school night, how many hours of sleep do you usually get?
 - ☐ A. Less than 5 hours
 - ☐ B. 5–6 hours
 - ☐ C. 7–8 hours
 - ☐ D. 9–10 hours
 - ☐ E. I'm not sure
 2. How often do you eat breakfast before school?
 - ☐ A. Every day
 - ☐ B. Most days
 - ☐ C. Sometimes
 - ☐ D. Rarely or never
 3. Which of the following are part of your daily routine? (Tick all that apply)
 - ☐ Going to bed at a regular time
 - ☐ Eating fruit or vegetables
 - ☐ Getting some exercise
 - ☐ Drinking enough water
 - ☐ Limiting screen time before bed
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Part 2: Linking Physical Wellbeing with Performance

4. How do you usually feel during your first lesson of the day?

- ☐ A. Tired and not ready to learn
- ☐ B. Okay, but a bit sleepy
- ☐ C. Awake and ready to learn
- ☐ D. Energised and focused

5. When you don't get enough sleep, how does it affect your school day?

Write a short answer:

6. Which of these *can* improve your focus and energy at school? (Tick all that apply)

- ☐ Playing video games late at night
- ☐ Going to sleep at the same time each night
- ☐ Drinking fizzy drinks in the morning
- ☐ Eating a balanced breakfast
- ☐ Going outside or moving during breaks

Part 3: Encouraging Self-Care Routines

7. What does “self-care” mean to you?

Try to explain in your own words:

8. How often do you take time to care for your wellbeing (e.g. relax, exercise, journal, etc.)?

- A. Every day
- B. A few times a week
- C. Rarely
- D. I'm not sure what counts as self-care

9. **List two small changes you could make to improve your daily routine or boost your energy:**

2. _____
 3. _____
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