

# Sleep & Energy Levels Check-In Questionnaire

	1.	What	time	do	you	usually	go /	to	bed	on	school	nights	?
--	----	------	------	----	-----	---------	------	----	-----	----	--------	--------	---

- Margin Before 8:00 p.m.
- Between 8:00 and 9:00 p.m.
- Mathematical Between 9:00 and 10:00 p.m.
- After 10:00 p.m.

#### 2. How many hours of sleep do you think you got last night?

- Z Less than 6 hours
- Around 6–7 hours
- • Around 8–9 hours
- common More than 9 hours

# 🧠 3. How do you feel when you wake up in the morning?

- Ready to go!
- Solution
  Okay, but a little tired
- Still really sleepy
- 😫 I don't want to get up at all



### 4. How much energy do you have during the school day?

- → Full of energy
- Use Enough to get through the day
- 1 feel tired most of the day

#### □ 5. Do you find it harder to think or learn when you're tired?

- Yes, it's harder to focus
- Sometimes
- X No, I can still learn okay
- u l'm not sure

## 6. What do you usually do right before bedtime?

(Tick any that you do most nights)

- Read a book
- iii Watch TV or use a screen
- Have a bath/shower
- Talk with family
- Play games
- Stie in bed and relax



• <u></u> Other:
→ 7. What helps you sleep well at night?
(Open-ended)
₹ 8. Is there anything that makes it hard for you to fall asleep or stay asleep?
(Open-ended)
⊚ 9. What could help you feel more rested and full of energy at school?
(Open-ended)