**College Sleep Questionnaire**

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*Underline the answer that describes your sleep and submit this to the dropbox below on the Moodle site*

1. In the past 2 weeks, how many nights have you slept at least 7 hours?
   1. “none,
   2. less than ½ nights,
   3. ½ nights,
   4. more than ½ nights,
   5. every night.
2. In the past 2 weeks, how many nights have you had difficulty falling asleep?
   1. “none,
   2. less than ½ nights,
   3. ½ nights,
   4. more than ½ nights,
   5. every night.
3. In the past 2 weeks, how many nights have you had difficulty staying asleep?
   1. “none,
   2. less than ½ nights,
   3. ½ nights,
   4. more than ½ nights,
   5. every night.
4. Do you have a regular bedtime routine?
   1. “none,
   2. less than ½ nights,
   3. ½ nights,
   4. more than ½ nights,
   5. every night.
5. How often do you have screen time in bed (smart phone, television, and internet)?
   1. “none,
   2. less than ½ nights,
   3. ½ nights,
   4. more than ½ nights,
   5. every night.
6. Do you feel refreshed when you awaken?
   1. “none,
   2. less than ½ nights,
   3. ½ nights,
   4. more than ½ nights,
   5. every night.
7. How often in a semester do you pull “all-nighters”?
   1. “none,
   2. less than ½ nights,
   3. ½ nights,
   4. more than ½ nights,
   5. every night.
8. According to the video on “Why we Sleep” by Richard Foster sleep is associated with which of the following conditions
   1. Mental Health
   2. Obesity
   3. Type II diabetes
   4. All the above
9. Which stage of sleep is referred to as Paradoxical Sleep
   1. Stage 1
   2. Stage 2
   3. Stage 3
   4. None of the above
10. To improve your sleep when should you try to get a hour of bright light
    1. In the morning
    2. In the afternoon
    3. In the evening
    4. Both a and b