	Question	Answers	Total
1	(1) _____ time do you go to bed?		
	Before 10pm	✓✓✓	
	Between 10pm and 11pm	✓✓✓✓✓	
	After 11pm	✓✓✓✓✓✓	
2	(2) _____ hours of sleep do you usually get?		
	less than 7 hours	✓✓✓✓✓✓✓✓✓✓	
	7 to 9 hours	✓✓✓	
	More than 9 hours	✓	
3	(3) _____ you feel tired when you wake up?		
	Yes	✓✓✓✓✓✓✓✓✓	
	No	✓✓	
	Sometimes	✓✓✓	
4	What stops (4) _____ from sleeping well?		
	Using my phone late at night	✓✓✓✓✓	
	Feeling stressed or worried	✓✓✓✓✓	
	Not feeling tired	✓✓✓✓	
5	Do you (5) _____ you get enough sleep?		
	Yes	✓✓✓✓✓	
	No	✓✓✓✓✓✓	
	Sometimes	✓✓✓	

LIVEWORKSHEETS