

| 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 | ✓✓✓ | |