	Question	Answers	Total
1	(1) time do you go to bed?		
	Before 10pm	111	
	Between 10pm and 11pm	V V V V	
	After 11pm	11111	
2	(2) hours of sleep do you usually get?		
	less than 7 hours	111111111	
	7 to 9 hours	111	
	More than 9 hours	✓	
3	(3) you feel tired when you wake up?		
	Yes	11111111	
	No	11	
	Sometimes	111	
4	What stops (4) from sleeping well?		
	Using my phone late at night	1111	
	Feeling stressed or worried	1111	
	Not feeling tired	1111	
5	Do you (5) you get enough sleep?		
	Yes	1111	
	No	11111	
	Sometimes	111	

#LIVEWORKSHEETS