



Sleep Survey

Name of Student: _____ Date: _____

ITEM	RESPONSE
1. How many hours of sleep does your child usually get each night of the school week?	
2. What time does your child usually go to bed on school nights?	
3. What time does your child usually fall asleep on school nights?	
4. What time does your child usually wake up for school?	
5. Once your child falls asleep for the night, do they sleep through the night or is sleep interrupted?	
6. Does your child wake up easily in the morning?	
7. Do you struggle to get your child up on school mornings?	
8. Does your child stay up late at night to do homework?	
9. Does your child sleep in the afternoon after school? If yes, for how long do they sleep?	
10. Does your child maintain the same sleep pattern on weekends or when school is closed for vacation? If "no," how is their sleep cycle different?	
11. Does your child set an alarm clock and wake themselves up in the morning?	

Use the back of this page, if needed, to let me know about any of your child's sleep problems that may affect their alertness or mood in school.