

CMS Sleep Survey

How old are you?

	Response Count
11	26
12	25
13	41
14	15
15	1
	108

What time do you usually go to bed on a weeknight?

	Response Count
9:00 or earlier	14
9:30	33
10:00	16
10:30	18
11:00	9
11:30 or later	18
	108

What time do you usually get up on a school day?

	Response Count
6:00 or earlier	18
6:15	9
6:30	26
6:45	27
7:00 or later	28
	108

About how many hours of sleep do you get on a school day?

	Response Count
5 or fewer hours	6
5.5-6 hours	8
6.5-7 hours	13
7.5-8 hours	21
8.5-9 hours	41
9 or more hours	19
	108

Choose the answer that is closest to what happens at your house:

	Response Count
An adult sets my bedtime at 9:00 or earlier, and I go to bed then.	12
An adult sets my bedtime at 9:30, and I go to bed then.	22
An adult sets my bedtime at 10:00, and I go to bed then.	8
An adult sets my bedtime at 10:30, and I go to bed then.	6
I decide when to go to bed ... earlier than 10:00.	28
I decide when to go to bed ... later than 10:00.	32
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