Chemistry Hour\_\_\_\_\_ Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

So Tired in the Morning: The Science of Sleep

Student Questionnaire

1. What time do you usually begin to feel sleepy at night?
2. What time do you usually go to sleep at night?
3. Do you go to bed at the same time every night or just when you are so sleepy that you can’t stay awake any longer?
4. What time do you usually get up?
5. How many hours do you usually sleep?
6. Do you feel awake and rested when it is time to get up?
7. Discuss how you balance the need to do schoolwork and study for tests with the need for sleep: