**Code: \_\_\_\_\_\_\_\_\_**

**Can you please tell us a little about yourself?**

What is your age: \_\_\_\_\_\_\_

What Gender do you identify as (Please circle one response):

Male Female Other

**Sleep Questionnaire**

*Please answer each of the following questions by placing a circle around the number that best matches your answer*

1. On a week night I usually go to bed in the evening at:

7.00 7.30 8.00 8.30 9.00 9.30 10.00 10.30 11.00 11.30 12.00

2. How many hours of sleep to you get on a typical week night:

≤3 4 5 6 7 8 9 10 11 ≥12

3. How large a problem do you have falling asleep at night?

No Problem A bit Some Large Very Large

1 2 3 4 5

4. How large a problem do you have waking at night?

No Problem A bit Some Large Very Large

1 2 3 4 5

5. How large a problem do you have not feeling rested in the morning?

No Problem A bit Some Large Very Large

1 2 3 4 5

6. How often do you feel stressed at school?

Never Once a Month Once a Week Several days a Week Daily

1 2 3 4 5

7. If you think about last week, were you satisfied with yourself?

Never Rarely Some of the time Most of the time Always

1 2 3 4 5

8. If you think about last week, were you satisfied with your clothes?

Never Rarely Some of the time Most of the time Always

1 2 3 4 5

9. If you think about last week, were you unhappy with your appearance?

Never Rarely Some of the time Most of the time Always

1 2 3 4 5

10. If you think about last week, were you jealous of other people’s appearance?

Never Rarely Some of the time Most of the time Always

1 2 3 4 5

11. If you think about last week, did you want to change something on your body?

Never Rarely Some of the time Most of the time Always

1 2 3 4 5

12. How many hours on average do you use a computer, iPad, or mobile phone at leisure time during a school day?

One hour or less 1-2 hours 3-4hours 5-6 hours 7-8 hours 9+ hours

1 2 3 4 5 6

13. How often to you use a computer, iPad, or mobile phone during the last hour before you go to sleep?

Never Rarely Some of the time Most of the time Always

1 2 3 4 5

14. How often to you use a computer, iPad, or mobile phone after you have gone to bed?

Never Rarely Some of the time Most of the time Always

1 2 3 4 5

15. How often to you wake up at night from notifications from SMS, Instagram, Facebook, or other apps?

Never Rarely Some of the time Most of the time Always

1 2 3 4 5

16. How often do you eat fast food from McDonalds, KFC, Hungry Jacks, Pizza Hut, or Red Rooster

Never Once a Month Once a Week Several days a Week Daily

1 2 3 4 5

17. How often do you drink soft drinks?

Never Once a Month Once a Week Several days a Week Daily

1 2 3 4 5

18. How often do you eat lollies?

Never Once a Month Once a Week Several days a Week Daily

1 2 3 4 5

19. How often do you eat cake, chocolate, icecreams or other sweets?

Never Once a Month Once a Week Several days a Week Daily

1 2 3 4 5