

Poll Questionnaire Sleep and Delayed School Start Times

Item Number	Sleep Module Questions	Responses
1	On average, how many hours of sleep does your teen get on school nights?	Under 5 hours 5 hours 5.5 hours 6 hours 6.5 hours 7 hours 7.5 hours 8 hours 8.5 hours 9 hours Over 9 hours
2	Does your teen adhere to a scheduled time for bed on school nights?	Yes No
3	How often would you say your teen gets enough sleep on school nights?	Every night or almost every night A few nights a week A few nights a month Rarely Never
4	What time does your teen school begin?	Before 7:00 am 7:00 – 7:29 am 7:30 – 7:59 am 8:00 – 8:29 am 8:30 am or later
5	My teen’s school start time is:	Too early Too later About right
6	What time does your teen usually go to bed in school nights?	Before 9:00 pm 9:00 – 9:29 pm 9:30 – 9:59 pm 10:00 – 10:29 pm 10:30 – 10:59 pm 11:00 – 11:29 pm 11:30 – 11:59 pm 12 midnight or later No usual bedtime
7	What time does your teen leave home to go to school?	Before 6:29 am 6:30 – 7:00 am 7:00 – 7:29 am 7:30 – 7:59 am 8:00 – 8:29 am 8:30 am or later

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8	On most days how does your teen get to school?	Drives himself / herself Rides with another student that drives Drives himself / herself Rides with an adult Walks / rides bike Uses bus / other public transportation
9	Would you support a change in your teen's school's start time to 8:30 or later?	Yes, regardless of impact on the school budget Yes, only if it did not impact the school budget No
10	Has there been any discussion at your teen's school about changing to a later start time?	Yes No Unsure
11	Having a later school start time of 8:30 or later would impact my teen's: <ol style="list-style-type: none"> 1. Allowing him / her to get more sleep 2. Improving school performance 3. Improving health 4. Not having time for after-school activities 5. Decreasing stress 6. Reducing his/her ability to have a job 7. Interfering with meal times 8. Altering transportation plans in a negative way 	Very likely Somewhat likely Not likely
12	In the past, has your teen's doctor talked with you or your teen about the optimal amount of sleep for your teen?	Yes No Unsure
13	The American Academy of Pediatrics (AAP) recently recommended that schools delay start times until 8:30 am or later for teens. Have you previously heard or read about these new AAP guidelines?	Yes No
14	The AAP urges high schools and middle schools to aim for start times (8:30 am or later) which allow students to get 8.5-9.5 hours of sleep to improve physical and mental health, safety (by preventing drowsy driving crashes), academic performance and quality of life. Please rate your level of agreement with the new AAP guidelines.	Strongly agree Agree Disagree Strongly disagree