Chronotype (Eveningness/Morningness) and sleep quality questionnaire

Age-------- Sex-------------Average of grades in the previous semester---------(A)---(C)

Please record the following within two weeks and report the average:

Average bedtime during working days----------------------

Average wake-up time during working days-----------

Average bedtime during weekends ----------------------

Average wake-up time during weekends-----------

Average sleep duration during working days-------------

Average sleep duration during weekends------------------

Time in bed until falling asleep/minutes (sleep latency)--------

Thank you

Calculated bedtime lag between weekdays and weekends-----------

Calculated wake-up lag between weekdays and weekends-----------