**Directions:**

Using the choices below, select how often the following things have happened during the past month. Choices are:

Never – has not happened

Once in a while – happened 20% of the time

Sometimes – happened 40% of the time

Quite often - happened 60% of the time

Frequently if not always – happened 80% of the time

Always – happened 100% of the time

Questions 1 to 3 are only about you *Going to Bed* at bedtime

1. When it’s time to go to bed I want to stay up and do other things (for example: watch TV, play video games, or talk on the phone).

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

1. In general I am ready to go to bed at bedtime.

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

1. In general I try to “put off” or delay going to bed.

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

Questions 4 and 5 are only about you *Falling Asleep* after "lights-out"

1. When it's time to go to sleep (lights-out) I have trouble settling down

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

1. In general, I need help getting to sleep (for example, I need to listen to music, watch TV, take medication, or have someone else in the bed with me)

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

Questions 6 to 8 are only about you *Going back to sleep* after waking during the night

1. After waking up during the night I have trouble going back to sleep

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

1. After waking up during the night, I have trouble getting comfortable

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

1. After waking up during the night, I *need help* to go back to sleep (for example: I need to watch TV, read, or sleep with another person)

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

Questions 9 and 10 are only about you *Waking* in the morning

1. In the morning, I wake up and feel ready to get up for the day

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

1. In the morning, I wake up feeling rested and alert

1. Never - 0%

2. Once in a while - 20%

3. Sometimes - 40%

4. Quite often - 60%

5. Frequently, if not always - 80%

6. Always - 100%

**The next set of questions has to do with your usual schedule on WEEKDAYS when you go to school.**

1. What time do you usually go to bed on weekdays?

0. Before 8:00 p.m.

1. 8:00-8:29 p.m.

2. 8:30-8:59 p.m.

3. 9:00-9:29 p.m.

4. 9:30-9:59 p.m.

5. 10:00-10:29 p.m.

6. 10:30-10:59 p.m.

7. 11:00-11:29 p.m.

8. 11:30-11:59 p.m.

9. 12:00-12:29 a.m.

10. 12:30-12:59 a.m.

11. After 1:00 a.m.

11a. If “After 1:00 a.m.”: Enter what time you usually go to bed on weekdays: (text response)

1. What time do you usually wake up on weekdays?

0. Before 5:00 a.m.

1. 5:00-5:29 a.m.

2. 5:30-5:59 a.m.

3. 6:00-6:29 a.m.

4. 6:30-6:59 a.m.

5. 7:00-7:29 a.m.

6. 7:30-7:59 a.m.

7. 8:00-8:29 a.m.

8. 8:30-8:59 a.m.

9. 9:00-9:29 a.m.

10. 9:30-9:59 a.m.

11. 10:00-10:29 a.m.

12. 10:30-10:59 a.m.

13. 11:00-11:29 a.m.

14. 11:30-11:59 a.m.

15. After 12:00 p.m.

12a. If “After 12:00 p.m.”: Enter what time you usually wake up on weekdays: (text response)

The next set of questions has to do with your usual schedule on WEEKENDS or during the summer when you don’t go to school.

1. What time do you usually go to bed on weekends?

0. Before 8:00 p.m.

1. 8:00-8:29 p.m.

2. 8:30-8:59 p.m.

3. 9:00-9:29 p.m.

4. 9:30-9:59 p.m.

5. 10:00-10:29 p.m.

6. 10:30-10:59 p.m.

7. 11:00-11:29 p.m.

8. 11:30-11:59 p.m.

9. 12:00-12:29 a.m.

10. 12:30-12:59 a.m.

11. 1:00-1:29 a.m.

12. 1:30-1:59 a.m.

13. After 2:00 a.m.

13a. If “After 2:00 a.m.”: Enter what time you usually go to bed on weekends: (text response)

1. What time do you usually wake up on weekends?

0. Before 5:00 a.m.

1. 5:00-5:29 a.m.

2. 5:30-5:59 a.m.

3. 6:00-6:29 a.m.

4. 6:30-6:59 a.m.

5. 7:00-7:29 a.m.

6. 7:30-7:59 a.m.

7. 8:00-8:29 a.m.

8. 8:30-8:59 a.m.

9. 9:00-9:29 a.m.

10. 9:30-9:59 a.m.

11. 10:00-10:29 a.m.

12. 10:30-10:59 a.m.

13. 11:00-11:29 a.m.

14. 11:30-11:59 a.m.

15. 12:00-12:29 p.m.

16. 12:30-12:59 p.m.

17. After 1:00 p.m.

14a. If “After 1:00 p.m.”: Enter what time you usually wake up on weekends: (text response)

Notes:

Scoring for the Adolescent Sleep-Wake Scale (ASWS), questions 1 – 10.

1. Reverse score responses to questions 1, 3, 4, 5, 6, 7, 8 so that Never = 6, Once in a while = 5, Sometimes = 4, Quite often = 3, Frequently = 2, Always = 1 (1r, 3r, 4r, 5r, 6r, 7r, 8r)
2. Subscales
   1. Going to bed subscale: mean of responses for 1r, 2, 3r
   2. Falling asleep and reinitiating sleep subscale: mean of responses for 4r, 5r, 6r, 7r, 8r
   3. Returning to wakefulness subscale: mean of responses for 9 and 10
3. Total measure score: mean of responses for 1r, 2, 3r, 4r, 5r, 6r, 7r, 8r, 9, 10

References:

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