

Mott Poll Questions



Teen Sleep

The following questions were answered by parents of teens age 13-18.

Q1. In a typical week, how many nights does your teen have trouble falling asleep or staying asleep?

1. 0 nights
2. 1-2 nights
3. 3-5 nights
4. 6-7 nights

Q2. Why does your teen have trouble falling or staying asleep?

1. Worry about school
2. Worry about social life
3. Irregular sleep schedule due to homework or activities
4. Won't get off electronics/social media/phone
5. Health problem/medication
6. Other

Q3. Has your teen tried any of the following to help with sleep problems?

	Yes	No	Don't know
1. Limit caffeine in evening			
2. Use "white noise" machine			
3. Turn off electronics/cell phones at bedtime			
4. Have a snack before bed			
5. Meditation			
6. Other			

Q4. Has your teen tried any of the following to help with sleep problems?

	Yes	No	Don't know
1. Herbal/natural sleep aids (like melatonin or herbal tea)			
2. Over-the-counter sleep medicine (like NyQuil, Tylenol PM, ZzzQuil)			
3. Over-the-counter antihistamines (like Benadryl or Zyrtec)			
4. Prescription sleep medicine (like Ambien or Restoril)			

Q5. Have you or your teen talked with a doctor about how to deal with sleep problems?

1. Yes – teen talked with doctor
2. Yes – parent talked with doctor
3. No
4. Don't know

Q6. What did the doctor recommend?

1. Turning off electronics/social media/phone
2. "Sleep schedule" (set bedtime)
3. Limit caffeine
4. Herbal/natural sleep aids (like melatonin or herbal tea)
5. Over-the-counter sleep medicine (like NyQuil, Tylenol PM, ZzzQuil)
6. Over-the-counter antihistamines (like Benadryl or Zyrtec)
7. Prescription sleep medicine (like Ambien or Restoril)
8. Other
9. Nothing – Doctor didn't give any advice

Q7. Do you think the following products are safe for teens to use?

	Yes	No	Not sure
1. Herbal/natural sleep aids (like melatonin or herbal tea)			
2. Over-the-counter sleep medicine (like NyQuil, Tylenol PM, ZzzQuil)			
3. Over-the-counter antihistamines (like Benadryl or Zyrtec)			
4. Prescription sleep medicine (like Ambien or Restoril)			

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CHILD HEALTH EVALUATION
AND RESEARCH CENTER

C.S. Mott Children's Hospital National Poll on Children's Health

Co-Director: Sarah J. Clark, MPH
Co-Director: Gary L. Freed, MD, MPH
Poll Manager: Dianne C. Singer, MPH
Data Analyst: Acham Gebremariam, MS
Research Associate: Sara L. Schultz, BA
Contact: <http://MottPoll.org>
Facebook: <http://facebook.com/mottpoll>
Twitter: @CSMottPoll