SURVEY QUESTIONS FOR PARENTS WITH A CHILD AGE 13-17.

Q1. On average, how many hours of sleep does your [INSERT DOV_SECT3AGE-year-old] 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

Q2. What time does your [X-year-old’s] 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

Q3. Would you support a change in your [X-year-old’s] school’s start time to 8:30 or later?

- Yes, regardless of impact on the school budget ........................................ 1
- Yes, only if it did not impact the school budget ........................................ 2
- No ........................................................................................................ 3
Q4. Having a later school start time of 8:30 or later would impact my [X-year-old] by….

<table>
<thead>
<tr>
<th>Very likely</th>
<th>Somewhat likely</th>
<th>Not likely</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

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

Q5. 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................................................................. 1
- No................................................................. 2

Q6. 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 ............................................. 1
- Agree .................................................................. 2
- Disagree .......................................................... 3
- Strongly Disagree ............................................ 4

Participants were also asked demographic questions on gender, race/ethnicity, annual household income, education and insurance status.

All information is the sole property of the University of Michigan C.S. Mott Children’s Hospital National Poll on Children’s Health. It can only be used if there is an acknowledgment that “The information came from, is copyright by and is owned by and belongs to the Regents of the University of Michigan and their C.S. Mott Children’s Hospital National Poll on Children’s Health. It cannot be republished or used in any format without prior written permission from the University.”