**SURVEY**

**Sleeplessness and Sleep Deprivation**

**Please answer ALL the questions honestly, more than one response is allowed as indicated**

1. **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **Age: \_\_\_\_\_\_\_**
3. **Institution name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
4. **City of residence: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
5. **E-mail ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
6. **How long do you generally sleep?**

0-2 hours 2-4 hours 4-6 hours 6-8 hours 8-10 hours

1. **On a scale of 1 to 10, how energetic do you feel after waking up?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **What is your main reason for not sleeping at night on time?**

***(More than 1 response allowed)***

Studying Gaming Relationship Calling

Social Media (FB, WhatsApp, Instagram, etc.) Binge Watching

Acute Insomnia Others *(please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. **Which social media do you use the most before sleeping?**

FB

Instagram

WhatsApp

YouTube

Snapchat

Others *(please specify) ­­­­­­­­­­­­­*­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **I have slept with my earphones on and did not end the call/while listening to music**

Always Sometimes Never Rarely

1. **How often do you sleep in class in a week? *(Numbers denote number of days in a week)***

Not at all 1 2 3 4 5

1. **Sleep deprivation affecting your mental health**

Agree Disagree Maybe Strongly Agree Strongly Disagree

1. **What are the changes do you observe when you are sleep deprived?**

Eating/Starving Behaviour Irritation Lack of concentration

1. **Do you use blue light filter / read mode on your phone at night?**

Always Sometimes Never Rarely

1. **At what time do you generally go to bed?**

9-11PM 11PM-1AM 1-3AM 3-5AM

1. **Have you ever used sleeping pills?**

Always Sometimes Rarely Never

1. **Do you regret about not sleeping early last night?**

Agree Disagree

1. **Are day-time sleep more refreshing for you than night-time sleep?**

Always Sometimes Rarely Never

1. **Do you think you have a good sleep cycle?**

Always Sometimes Rarely Never

1. **Tell us how sleep deprivation is affecting your life?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*