

# Understanding Sleep patterns and lifestyle 🛌 🛌

Welcome!

This survey aim to understand relationship between the daily activity and sleep intake per day.

Thank you for taking the time to complete this form. The data collected is anonymous and will be only used for lecturer and course tutors in Stat 220 from University of Auckland.

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\* Indicates required question

1. Please enter your age \*

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2. Please select your occupation(Check that all apply) \*

*Tick all that apply.*

- ☐ Student
- ☐ Employed: full-time
- ☐ Employed: part-time
- ☐ Self-Employed
- ☐ Unemployed

## Sleep quality



## 3. On average, how many hours of sleep do you get per night? \*

*Mark only one oval.*

- ☐ Less than 5 hours
- ☐ 5-6 hours
- ☐ 6-7 hours
- ☐ 7-8 hours
- ☐ More than 8 hours

## 4. How would you rate quality of your sleep \*

*Mark only one oval.*

	1	2	3	4	5	
Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

## 5. What time do you usually go to bed on weekdays? \*

*Mark only one oval.*

- ☐ Before 10:00PM
- ☐ 10:00PM- 11:00PM
- ☐ 11:00PM- 12:00AM
- ☐ After 12:00AM

**Daily activity**



6. On a scale of 1 to 10, how would you rate your overall energy levels this week? (1 being very low, 10 being very high) \*

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7. How many caffeinated beverages did you consume per day for this week?(please enter a whole number) \*

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