



National Poll on Children's Health

Delayed School Start times – Survey Questions

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....

Very likely	Somewhat likely	Not likely
1	2	3

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.

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