

Questionnaire about sleeping

Please let us know about yourself and your opinion about sleeping customs and attitudes.

Please fill in the blanks or check the appropriate box(es) below.

1. Your sex: Female Male

2. Your age: ()

3. How long do you usually sleep? About () hours

4. at what age is it appropriate for children to sleep apart from their parents?
About () year/s old

5. In the west like France, it is thought to be good for children to sleep apart from their parents at an early age. What do you think about it?
Opinion:

6. If you had a spouse for over twenty years, do you sleep in one bed or in separate beds?
Please choose one from the following statements.
 I would sleep with my spouse on the same bed (or futon).
 My spouse and I would sleep on separate beds (or futons) in the same room.
 My spouse and I would sleep in separate rooms.

Also, please let us know why you did not choose the other statements.

Reason:

7. Do you have a custom of dozing in public places such as parks, cafeterias, libraries, and classrooms?
 Yes, almost every day.
 Yes, once or twice a week.
 Yes, once or twice a month.

- Rarely, if ever.

What do you think about dozing in public places? Please feel free to write your opinion.

Opinion:

8. Do you have a custom of dozing in public transportation, such as in the train and bus?

- Yes, almost every day.
- Yes, once or twice a week.
- Yes, once or twice a month.
- Rarely, if ever.

What do you think about dozing in public transportation? Please feel free to write your opinion.

Opinion:

9. You see a dozing student during in his or her classroom while a lecture is going on. What would you think about that student? Please check as many boxes below as apply.

- He/She can't control his/ her sleep.
- He/She can't lead a well-regulated life, he/she is lost in time.
- Poor thing, he/she must have worked overnight yesterday.
- Poor thing, he/she must have studied overnight yesterday.
- He/Sshe must have stayed up late at night yesterday.
- If he/she is so sleepy, it isn't necessary to come to the class.
- If he/she is so sleepy, it is better to sleep in his or her house.
- He/She lacks in respecting his/ her lecturer.
- The lecturer should kick him/ her out of the classroom.
- It does not matter to me, so I am indifferent.

Thank you for your cooperation.