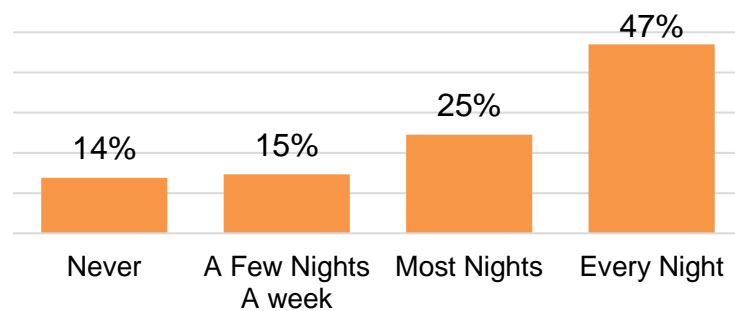


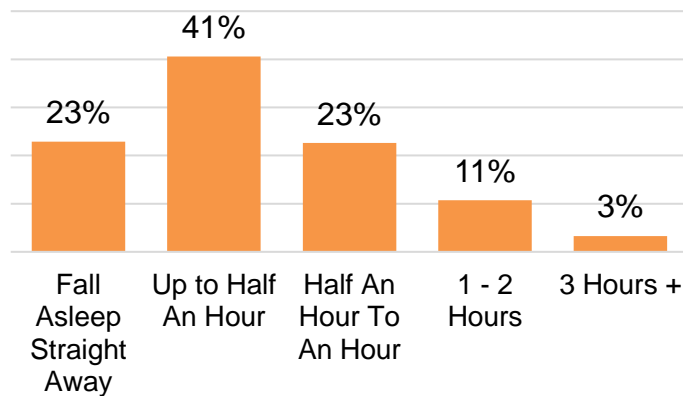


Mr Sandman:

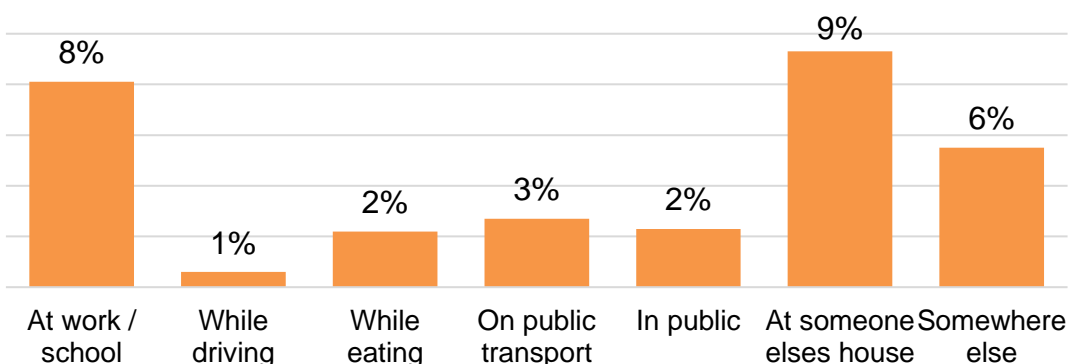
How often do you use a screen (smart phone / laptop etc.) within hour of going to bed?



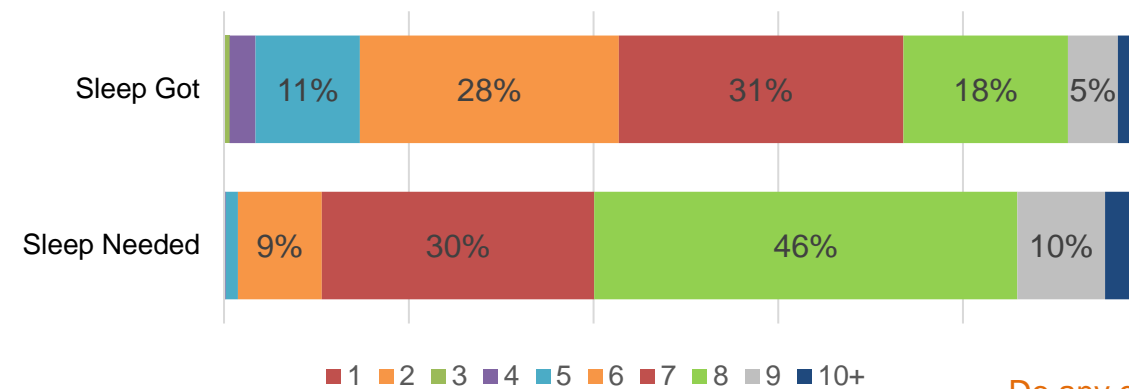
About how long, typically, does it take you to get to sleep?



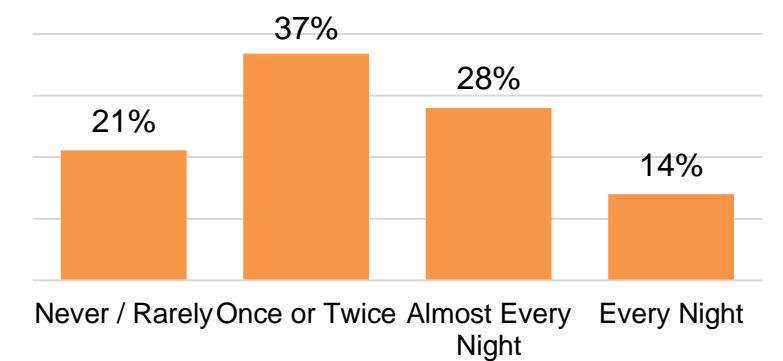
In the last year have you fallen asleep



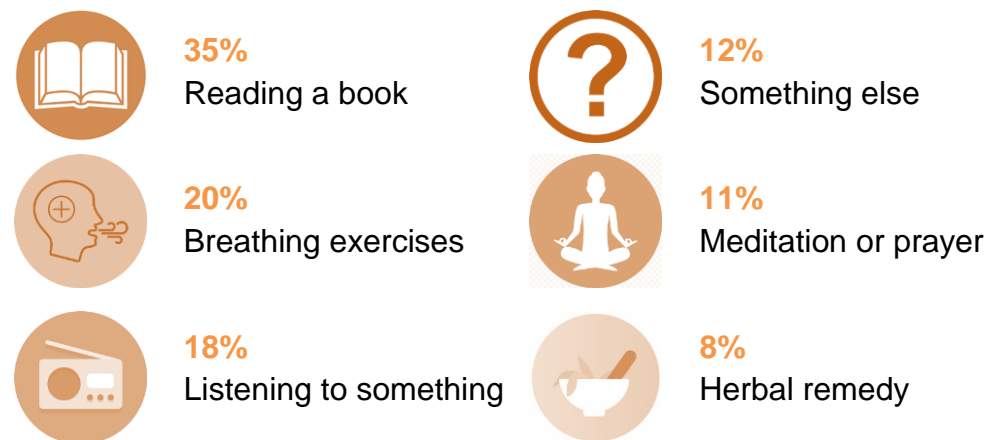
Thinking about the last week, on average how many hours of sleep did you get and how many hours of sleep do you feel you needed to feel refreshed?



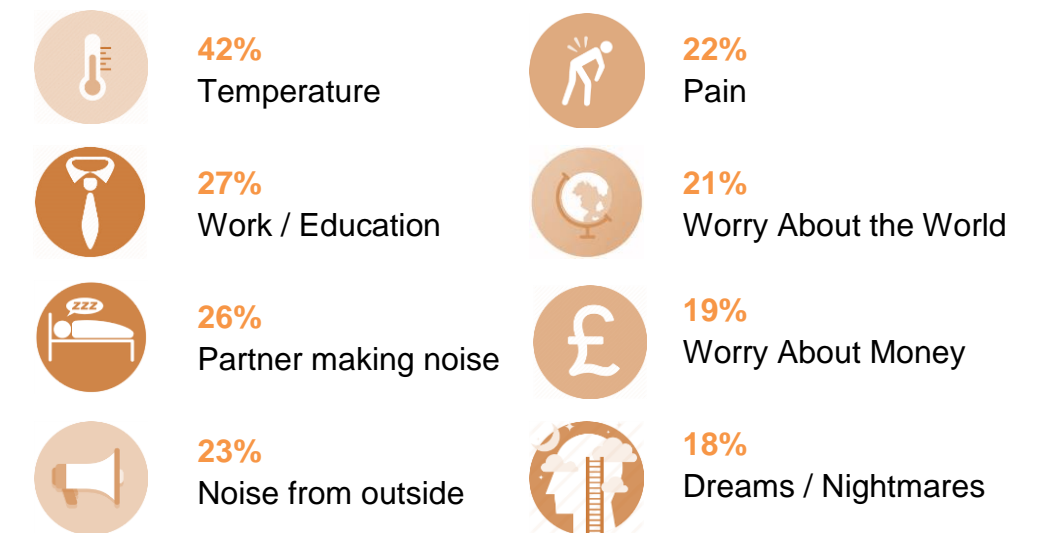
In the last week how often have you had difficulties sleeping?



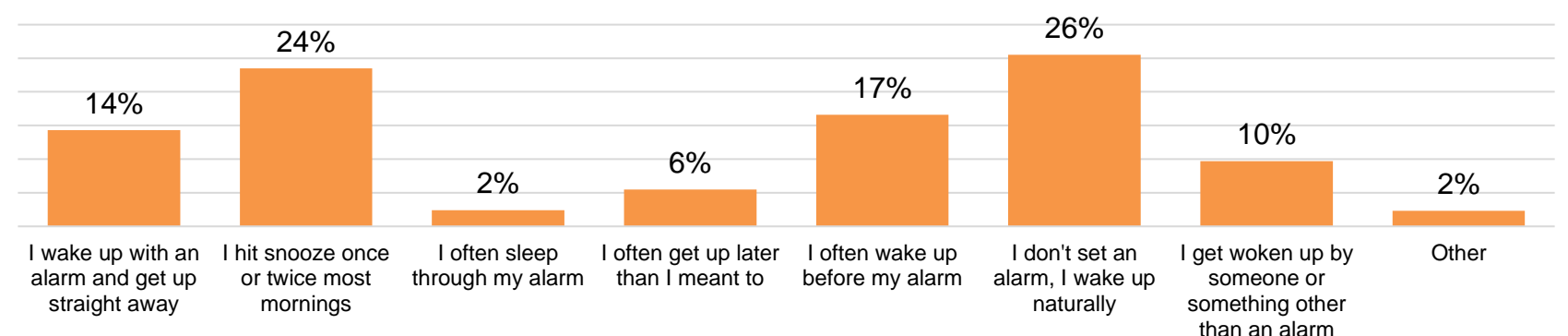
What tricks do you have to help you sleep?



Do any of the following regularly keep you awake?

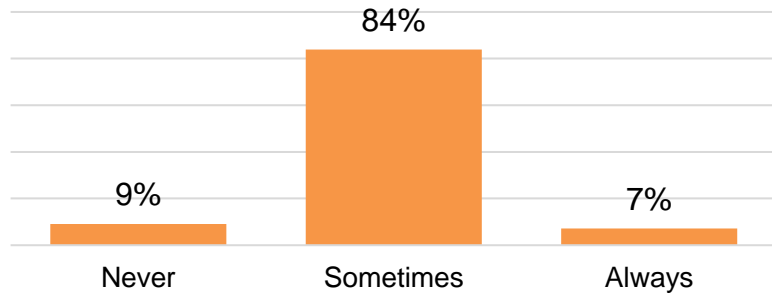


How do you usually wake up

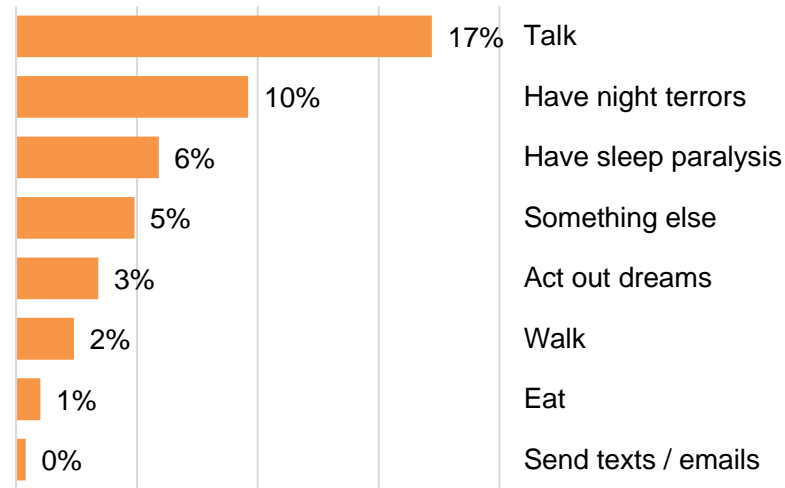


Dream A Little Dream:

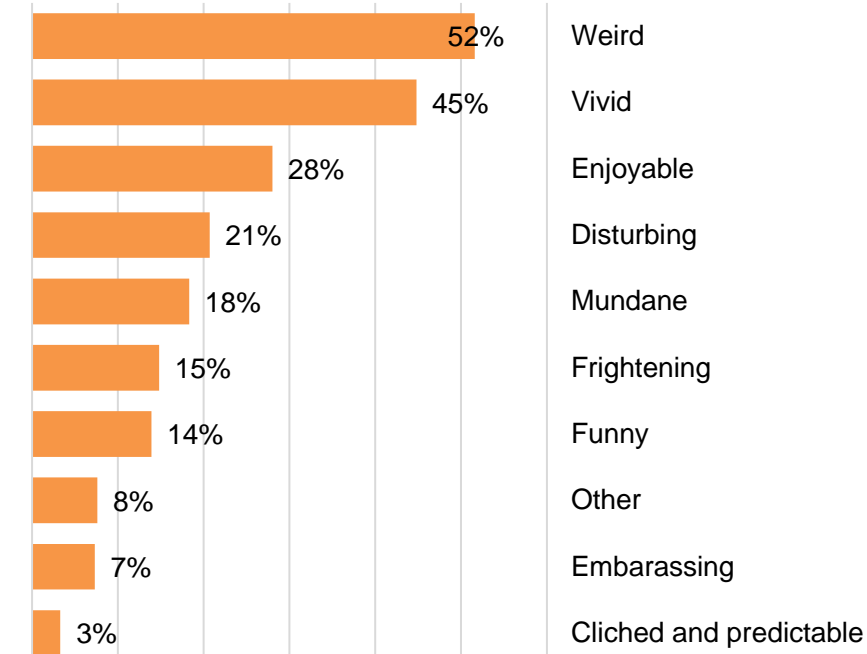
Do you remember your dreams?



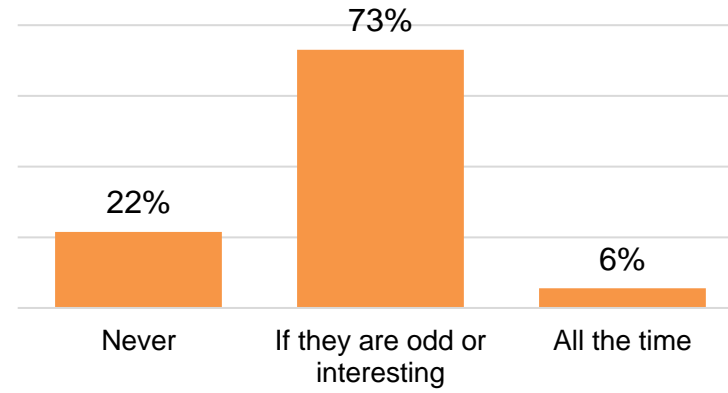
Do you regularly do any of the following whilst asleep?



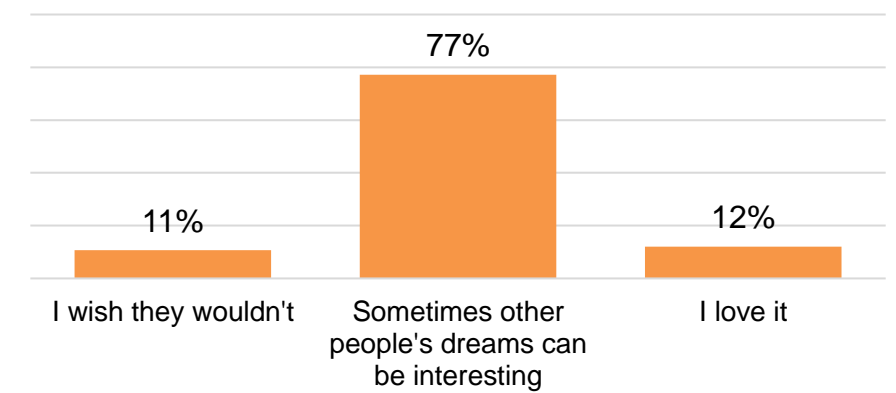
How would you describe the majority of your dreams?



Do you ever discuss your dreams with friends or family?



How do you feel about people sharing their dreams with you?



How much do you agree with the following about dreams?

Dreams are a way of processing things that have happened to you, or that are going on in your life

I dream in full colour

I have had a recurring dream or dreams

I think it is possible to interpret dreams

I often dream about people and places from childhood

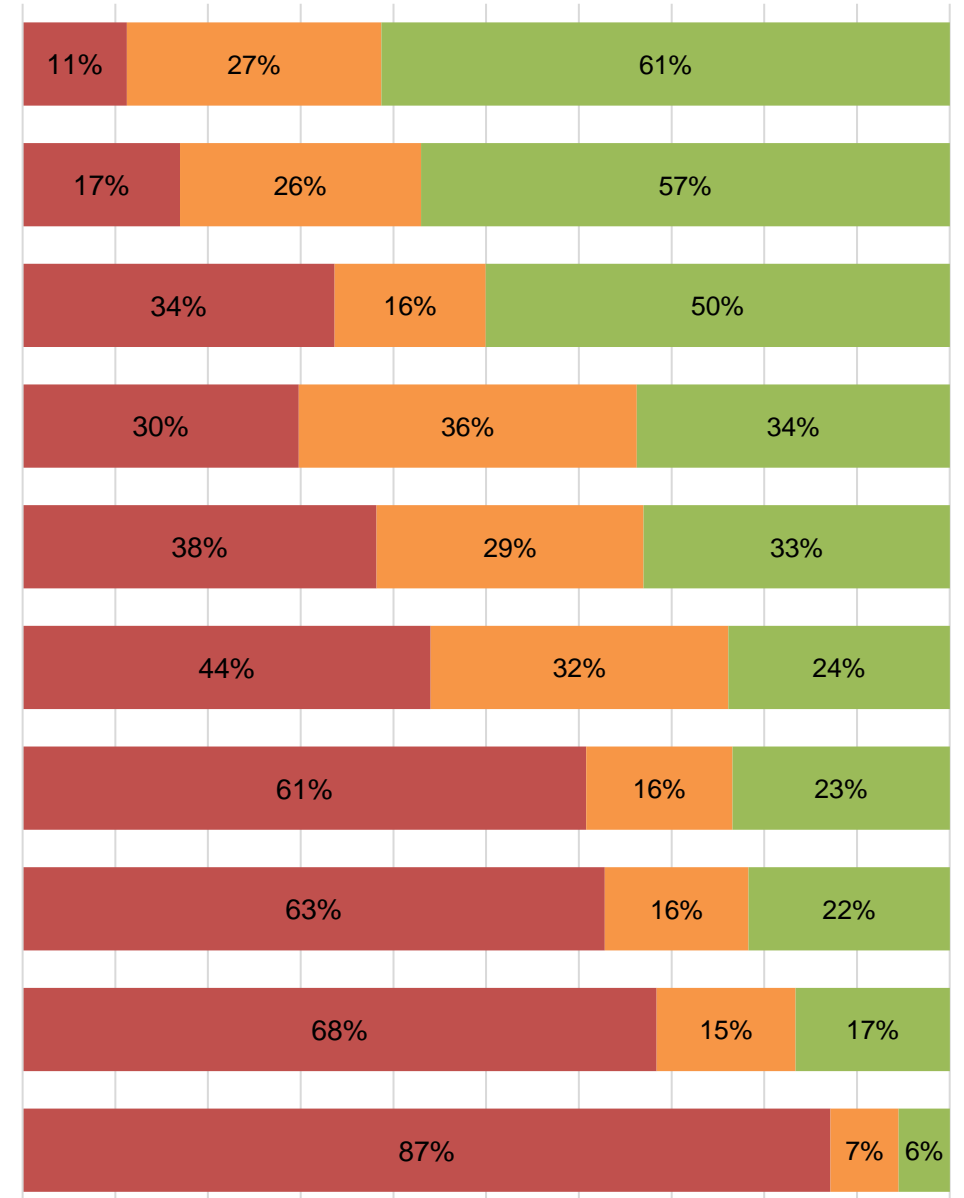
My dreams seem to be weirder than other people

People who have died have visited me in my dreams

I have had dreams where I feel I have connected with / contacted someone else

I have had dreams that predicted the future

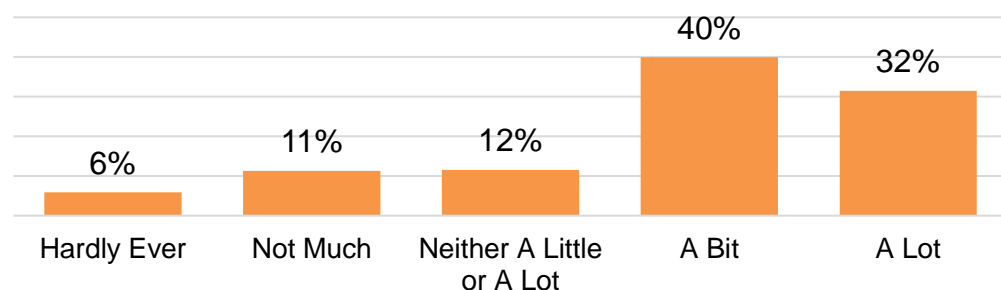
I feel that I sometimes experience the dreams of other people



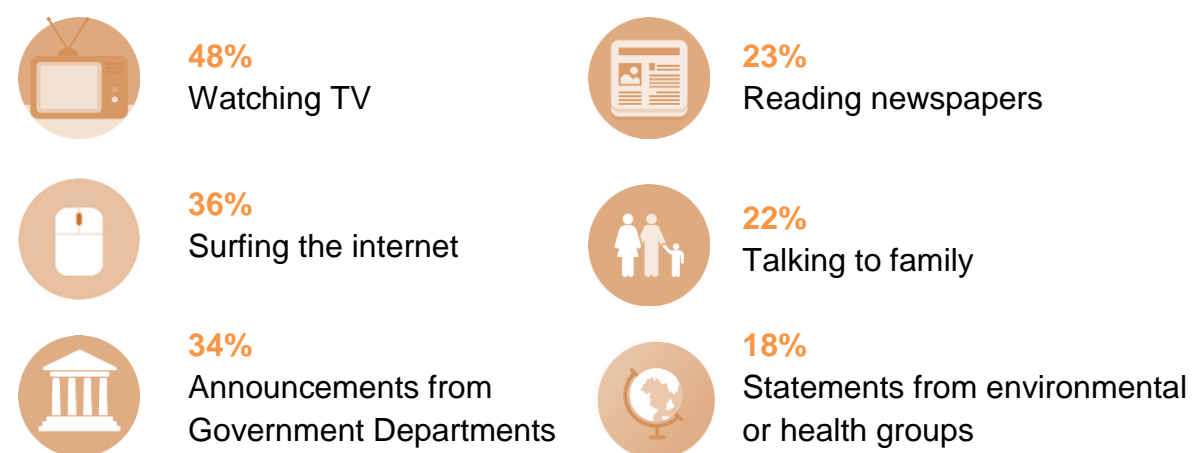
■ Disagree ■ Neither ■ Agree

Don't Worry - About A Thing:

How much do you worry?



Which of these do you think contribute most to your level of worry?



When you do worry, what are most likely to worry about?

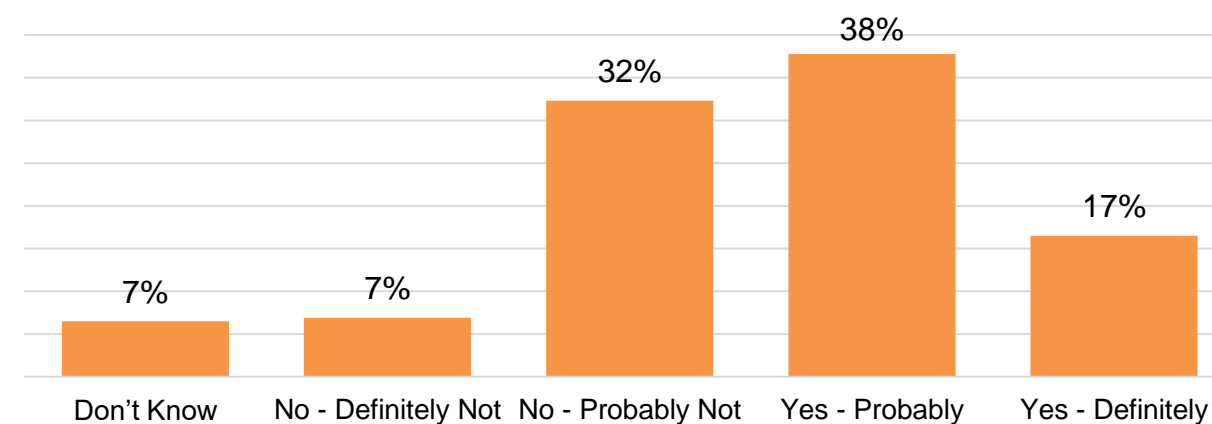


Got To Choose:

		Undecided		
Have only single sex schools	6%	24%	70%	Have only mixed sex schools
Work with someone who is poor at their job but who you really like	27%	34%	39%	Work with someone who is good at their job, but you don't like
Have to live without the internet	61%	15%	25%	Have to live without heating
Be completely safe	42%	26%	31%	Be completely free
Win a million pounds	49%	18%	33%	Earn a million pounds
Get out of lockdown in the next month, even if it might mean another lockdown in the future	13%	7%	79%	Get out of lockdown by the end of 2021, making another lockdown much less likely in the future

Talkin' Bout A Revolution:

Recently, ex-president Trump supporters stormed the Capitol building in Washington DC, in what has been called an attempted insurrection (a violent uprising against an authority or government.). Do you think that kind of thing could ever happen in the UK?



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