Questionnaire

Education



1. Please your gender Gender
2. Please the
ethnic group you belong to
3. What is your age bracket?
Age (Years)
16-24
25-34
35-44
45-54
55+
4. Please indicate your highest level of education
A
Primary
В
Secondary
C
College
D
University
E
Post Graduate
5. How many years have you been teaching pre-school?
6. Does your institution provide napping opportunities for pre-school
children?
(Tick as appropriate) YESNO
7. How many minutes does your institution provide for napping
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- 8. What is the age limit for children for children to stop napping at your institution
- Do you believe napping is beneficial to children?(Tick as appropriate) YESNO
- 10. Are there any noticeable differences between a child who has taken a nap and one who hasn't? If yes, please state the differences.
- 11. In your opinion what are the benefits of napping to children?
- 12. Are there differences in napping and sleep problems for children of different racial backgrounds (Blacks vs whites).

(Tick as appropriate) YESNO

Please explain a little.

- 13. What is the interdependence between napping and child's level of focus and movement rate?
- 14. Do daytime naps affect night time rest in preschool children?
- 15. What impact does napping have on school going children