

 H3GH12H**Question**

12H. On days when you go to work, school, or similar activities, what time do you usually go to sleep the night (or day) before (hour)?

| | |
|----|-------|
| 1 | 1:00 |
| 2 | 2:00 |
| 3 | 3:00 |
| 4 | 4:00 |
| 5 | 5:00 |
| 6 | 6:00 |
| 7 | 7:00 |
| 8 | 8:00 |
| 9 | 9:00 |
| 10 | 10:00 |
| 11 | 11:00 |
| 12 | 12:00 |