

Supplementary Table 1. Results of online survey responses

Descriptive statistics

Question	Total (n = 559)	CYP without SEN (n = 471)	CYP with SEN (n = 88)
About you (parent/guardian)			
1 What is your employment status?			
Key worker	187/559 (33.45)	167/471 (35.46)	20/88 (22.73)
Working on business premises	9/559 (1.61)	7/471 (1.49)	2/88 (2.27)
Working from home	195/559 (34.88)	169/471 (35.88)	26/88 (29.55)
Not working (including being made redundant or furloughed)	111/559 (19.86)	91/471 (19.32)	20/88 (22.73)
Other	57/559 (10.20)	37/471 (7.86)	20/88 (22.73)
2 What is your marital status?			
Single	400/557 (71.81)	345/469 (73.56)	55/88 (62.50)
Married	84/557 (15.08)	64/469 (13.65)	20/88 (22.73)
Other	73/557 (13.11)	60/469 (12.79)	13/88 (14.77)
4 How many children are in your household? median (range)	2 (1-6)	2 (1-6)	2 (1-5)
5 Have you, a close friend, or family member been hospitalised with COVID-19?			
Yes	33/557 (5.92)	28/469 (5.97)	5/88 (5.68)
No	524/557 (94.08)	441/469 (94.03)	83/88 (94.32)
6 Have you personally had increased anxiety or stress due to the pandemic?			
Not at all	51/559 (9.12)	45/471 (9.55)	6/88 (6.82)
A little	262/559 (46.87)	225/471 (47.77)	37/88 (42.05)
Moderately	156/559 (27.91)	132/471 (28.03)	24/88 (27.27)
A lot	90/559 (16.10)	69/471 (14.65)	21/88 (23.86)
7a Has your sleep pattern been affected by the pandemic? Going to bed:			
Over 2 hours earlier	6/559 (1.07)	2/471 (0.42)	4/88 (4.55)
1-2 hours earlier	21/559 (3.76)	19/471 (4.03)	2/88 (2.27)
Up to 1 hour earlier	20/559 (3.58)	15/471 (3.18)	5/88 (5.68)
No change	164/559 (29.34)	143/471 (30.36)	21/88 (23.86)
Up to 1 hour later	118/559 (21.11)	106/471 (22.51)	12/88 (13.64)
1-2 hours later	153/559 (27.37)	125/471 (26.54)	28/88 (31.82)
Over 2 hours later	77/559 (13.77)	61/471 (12.95)	16/88 (18.18)
7b Has your sleep pattern been affected by the pandemic? Getting up:			
Over 2 hours earlier	19/554 (3.43)	11/468 (2.35)	8/86 (9.30)
1-2 hours earlier	40/554 (7.22)	32/468 (6.84)	8/86 (9.30)
Up to 1 hour earlier	41/554 (7.40)	37/468 (7.91)	4/86 (4.65)
No change	179/554 (32.31)	150/468 (32.05)	29/86 (33.72)
Up to 1 hour later	140/554 (25.27)	126/468 (26.92)	14/86 (16.28)
1-2 hours later	109/554 (19.68)	90/468 (19.23)	19/86 (22.09)
Over 2 hours later	26/554 (4.69)	22/468 (4.70)	4/86 (4.65)
8a How much has your use of electronic devices changed per day during the pandemic)? During the day:			
Over 2 hours less	13/558 (2.33)	9/470 (1.91)	4/88 (4.55)
1-2 hours less	7/558 (1.25)	5/470 (1.06)	2/88 (2.27)
Up to 1 hour less	3/558 (0.54)	2/470 (0.43)	1/88 (1.14)
No change	118/558 (21.15)	103/470 (21.91)	15/88 (17.05)
Up to 1 hour more	91/558 (16.31)	78/470 (16.60)	13/88 (14.77)
1-2 hours more	134/558 (24.01)	109/470 (23.19)	25/88 (28.41)
Over 2 hours more	192/558 (34.41)	164/470 (34.89)	28/88 (31.82)
Question	Total (n = 559)	CYP without SEN (n = 471)	CYP with SEN (n = 88)

8b	How much has your use of electronic devices changed per day during the pandemic)? At bedtime:			
	Over 2 hours less	3/542 (0.55)	0/456 (0.00)	3/86 (3.49)
	1-2 hours less	5/542 (0.92)	5/456 (1.10)	0/86 (0.00)
	Up to 1 hour less	14/542 (2.58)	9/456 (1.97)	5/86 (5.81)
	No change	314/542 (57.93)	268/456 (58.77)	46/86 (53.49)
	Up to 1 hour more	120/542 (22.14)	104/456 (22.81)	16/86 (18.60)
	1-2 hours more	50/542 (9.23)	42/456 (9.21)	8/86 (9.30)
	Over 2 hours more	36/542 (6.64)	28/456 (6.14)	8/86 (9.30)
9	How much has the amount of exercise you usually do per week changed during the pandemic?			
	Over 2 hours less	129/559 (23.08)	107/471 (22.72)	22/88 (25.00)
	1-2 hours less	82/559 (14.67)	70/471 (14.86)	12/88 (13.64)
	Up to 1 hour less	40/559 (7.16)	33/471 (7.01)	7/88 (7.95)
	No change	106/559 (18.96)	87/471 (18.47)	19/88 (21.59)
	Up to 1 hour more	57/559 (10.20)	49/471 (10.40)	8/88 (9.09)
	1-2 hours more	56/559 (10.02)	49/471 (10.40)	7/88 (7.95)
	Over 2 hours more	89/559 (15.92)	76/471 (16.14)	13/88 (14.77)
10	Has your weight changed during the pandemic?			
	No change	143/559 (25.58)	120/471 (25.48)	23/88 (26.14)
	Gained weight	284/559 (50.81)	239/471 (50.74)	45/88 (51.14)
	Lost weight	74/559 (13.24)	60/471 (12.74)	14/88 (15.91)
	Don't know	58/559 (10.38)	52/471 (11.04)	6/88 (6.82)
About your child				
11	How old is your child (in years)? median (range)	10 (1-17)	10 (1-17)	12 (2-16)
12	What is your child's gender?			
	Male	247 (44.19)	193/471 (40.98)	54/88 (61.36)
	Female	312 (55.81)	278/471 (59.02)	34/88 (38.64)
13	Which type of school does your child usually attend?			
	Private day nursery	14 (2.51)	12/470 (2.55)	2/88 (2.27)
	Childminder	2 (0.36)	2/470 (0.43)	0/88 (0.00)
	Pre-school	26 (4.66)	24/470 (5.11)	2/88 (2.27)
	State school	466 (83.51)	402/470 (85.53)	64/88 (72.73)
	Independent school	26 (4.66)	21/470 (4.47)	5/88 (5.68)
	Special school	9 (1.61)	0/470 (0.00)	9/88 (10.23)
	Home	4 (0.72)	3/470 (0.64)	1/88 (1.14)
	Other	11 (1.97)	6/470 (1.28)	5/88 (5.68)
14	Which school year are they in/would they be in currently?			
	Pre-School / Nursery	29/548 (5.29)	25/464 (5.39)	4/84 (4.76)
	Reception	39/548 (7.12)	38/464 (8.19)	1/84 (1.19)
	KS1	73/548 (13.32)	70/464 (15.09)	3/84 (3.57)
	KS2	188/548 (34.31)	154/464 (33.19)	34/84 (40.48)
	KS3	154/548 (28.10)	129/464 (27.80)	25/84 (29.76)
	KS4	58/548 (10.58)	42/464 (9.05)	16/84 (19.05)
	Sixth Form / College	7/548 (1.28)	6/464 (1.29)	1/84 (1.19)
15	Did your child attend school in person during lockdown in March, April, and/or May?			
	Yes	58/559 (10.38)	45/471 (9.55)	13/88 (14.77)
	No	501/559 (89.62)	426/471 (90.45)	75/88 (85.23)

Question	Total (n = 559)	CYP without SEN (n = 471)	CYP with SEN (n = 88)
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16	Has your child been back to school in person since the beginning of June?			
	Yes	188/559 (33.63)	157/471 (33.33)	31/88 (35.23)
	No	371/559 (66.37)	314/471 (66.67)	57/88 (64.77)
17	Does your child have special educational needs?			
	Yes	88/559 (15.74)	0/471 (0.00)	88/88 (100.00)
	No	471/559 (84.26)	471/471 (100.00)	0/88 (0.00)
18	Is your child currently under assessment or on a waiting list for an additional need?			
	Yes	30/555 (5.41)	12/470 (2.55)	18/85 (21.18)
	No	525/555 (94.59)	458/470 (97.45)	67/85 (78.82)
19	Does your child have a pre-existing mental health diagnosis?			
	Yes	36/558 (6.45)	11/470 (2.34)	25/88 (28.41)
	No	522/558 (93.55)	459/470 (97.66)	63/88 (71.59)
20a	Has your child been seeing a therapist or counsellor for a mental health condition? Before the pandemic:			
	Yes	45/557 (8.08)	26/469 (5.54)	19/88 (21.59)
	No	512/557 (91.92)	443/469 (94.46)	69/88 (78.41)
20b	Has your child been seeing a therapist or counsellor for a mental health condition? Now:			
	Yes	18/555 (3.24)	12/468 (2.56)	6/87 (6.90)
	No	537/555 (96.76)	456/468 (97.44)	81/87 (93.10)
About your child's sleep pattern during the pandemic compared with before the pandemic				
21a	Does your child have a regular bedtime? Before the pandemic:			
	Yes	531/559 (94.99)	449/471 (95.33)	82/88 (93.18)
	No	28/559 (5.01)	22/471 (4.67)	6/88 (6.82)
21b	Does your child have a regular bedtime? Now:			
	Yes	310/554 (55.96)	264/467 (56.53)	46/87 (52.87)
	No	244/554 (44.04)	203/467 (43.47)	41/87 (47.13)
22a	Does your child have a regular wake-up time? Before the pandemic:			
	Yes	538/559 (96.24)	456/471 (96.82)	82/88 (93.18)
	No	21/559 (3.76)	15/471 (3.18)	6/88 (6.82)
22b	Does your child have a regular wake-up time? Now:			
	Yes	285/558 (51.08)	247/470 (52.55)	38/88 (43.18)
	No	273/558 (48.92)	223/470 (47.45)	50/88 (56.82)
23a	How has your child's sleep pattern been affected by the pandemic (excluding any effect of changes in daylight hours)? Going to bed:			
	Over 2 hours earlier	2/558 (0.36)	0/470 (0.00)	2/88 (2.27)
	1-2 hours earlier	4/558 (0.72)	3/470 (0.64)	1/88 (1.14)
	Up to 1 hour earlier	1/558 (0.18)	0/470 (0.00)	1/88 (1.14)
	No change	102/558 (18.28)	81/470 (17.23)	21/88 (23.86)
	Up to 1 hour later	185/558 (33.15)	164/470 (34.89)	21/88 (23.86)
	1-2 hours later	153/558 (27.42)	136/470 (28.94)	17/88 (19.32)
	Over 2 hours later	111/558 (19.89)	86/470 (18.30)	25/88 (28.41)

Question	Total (n = 559)	CYP without SEN (n = 471)	CYP with SEN (n = 88)
23b	How has your child's sleep pattern been affected by the pandemic (excluding any		

	effect of changes in daylight hours?			
	Getting up:			
	Over 2 hours earlier	3/558 (0.54)	2/470 (0.43)	1/88 (1.14)
	1-2 hours earlier	13/558 (2.33)	12/470 (2.55)	1/88 (1.14)
	Up to 1 hour earlier	25/558 (4.48)	22/470 (4.68)	3/88 (3.41)
	No change	144/558 (25.81)	120/470 (25.53)	24/88 (27.27)
	Up to 1 hour later	166/558 (29.75)	149/470 (31.70)	17/88 (19.32)
	1-2 hours later	102/558 (18.28)	83/470 (17.66)	19/88 (21.59)
	Over 2 hours later	105/558 (18.82)	82/470 (17.45)	23/88 (26.14)
24	How has the time it takes your child to get to sleep at bedtime changed during the pandemic?			
	Up to 1 hour faster	11/557 (1.97)	9/469 (1.92)	2/88 (2.27)
	No change	191/557 (34.29)	164/469 (34.97)	27/88 (30.68)
	Up 1 hour longer	166/557 (29.80)	148/469 (31.56)	18/88 (20.45)
	1-2 hours longer	107/557 (19.21)	91/469 (19.40)	16/88 (18.18)
	Over 2 hours longer	82/557 (14.72)	57/469 (12.15)	25/88 (28.41)
25	How has your child been woken up during the pandemic (select all that apply)?			
	By you	189/559 (33.81)	148/471 (31.42)	41/88 (46.59)
	By alarm	63/559 (11.27)	56/471 (11.89)	7/88 (7.95)
	By themselves	437/559 (78.18)	369/471 (78.34)	68/88 (77.27)
	Other	0/559 (0.00)	0/471 (0.00)	0/88 (0.00)
26	Overall, how has the amount of sleep your child is getting changed during the pandemic?			
	Over 2 hours less	53/557 (9.52)	36/470 (7.66)	17/87 (19.54)
	1-2 hours less	98/557 (17.59)	86/470 (18.30)	12/87 (13.79)
	Up to 1 hour less	87/557 (15.62)	76/470 (16.17)	11/87 (12.64)
	No change	173/557 (31.06)	150/470 (31.91)	23/87 (26.44)
	Up to 1 hour more	51/557 (9.16)	44/470 (9.36)	7/87 (8.05)
	1-2 hours more	52/557 (9.34)	42/470 (8.94)	10/87 (11.49)
	Over 2 hours more	43/557 (7.72)	36/470 (7.66)	7/87 (8.05)
27a	How is your child's sleep routine different at the weekends compared to weekdays? Before the pandemic:			
	Over 2 hours earlier	8/559 (1.43)	6/471 (1.27)	2/88 (2.27)
	1-2 hours earlier	4/559 (0.72)	4/471 (0.85)	0/88 (0.00)
	Up to 1 hour earlier	9/559 (1.61)	7/471 (1.49)	2/88 (2.27)
	No change	216/559 (38.64)	182/471 (38.64)	34/88 (38.64)
	Up to 1 hour later	172/559 (30.77)	144/471 (30.57)	28/88 (31.82)
	1-2 hours later	120/559 (21.47)	106/471 (22.51)	14/88 (15.91)
	Over 2 hours later	30/559 (5.37)	22/471 (4.67)	8/88 (9.09)
27b	How is your child's sleep routine different at the weekends compared to weekdays? Now:			
	Over 2 hours earlier	1/558 (0.18)	1/470 (0.21)	0/88 (0.00)
	1-2 hours earlier	4/558 (0.72)	3/470 (0.64)	1/88 (1.14)
	Up to 1 hour earlier	6/558 (1.08)	6/470 (1.28)	0/88 (0.00)
	No change	260/558 (46.59)	223/470 (47.45)	37/88 (42.05)
	Up to 1 hour later	93/558 (16.67)	77/470 (16.38)	16/88 (18.18)
	1-2 hours later	109/558 (19.53)	94/470 (20.00)	15/88 (17.05)
	Over 2 hours later	85/558 (15.23)	66/470 (14.04)	19/88 (21.59)
28a	Has your child been going to bed after you? Before the pandemic:			
	Yes	31/558 (5.56)	23/470 (4.89)	8/88 (9.09)
	No	527/558 (94.44)	447/470 (95.11)	80/88 (90.91)

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28b Has your child been going to bed after you? Now:			
Yes	147/554 (26.53)	119/466 (25.54)	28/88 (31.82)

	No	407/554 (73.47)	347/466 (74.46)	60/88 (68.18)
29	Is your child currently reporting more nightmares or vivid dreams?			
	Yes	134/558 (24.01)	111/470 (23.62)	23/88 (26.14)
	No	424/558 (75.99)	359/470 (76.38)	65/88 (73/86)
30	Is your child currently experiencing more night terrors, sleepwalking, bedwetting?			
	Yes	57/557 (10.23)	50/469 (10.66)	7/88 (7.95)
	No	500/557 (89.77)	419/469 (89.34)	81/88 (92.05)
31	Is your child currently getting up or waking up more during the night?			
	Yes	164/559 (29.34)	128/471 (27.18)	36/88 (40.91)
	No	395/559 (70.66)	343/471 (72.82)	52/88 (59.09)
32	Is your child currently getting into your bed more during the night?			
	Yes	86/558 (15.41)	75/470 (15.96)	11/88 (12.50)
	No	472/558 (84.59)	395/470 (84.04)	77/88 (87.50)
About your child's activities around bedtime during the pandemic compared with before the pandemic				
33	Is your child currently finding it harder to get to sleep?			
	Yes	315/557 (56.55)	257/469 (54.80)	58/88 (65.91)
	No	242/557 (43.45)	212/469 (45.20)	30/88 (34.09)
34a	Does your child need a parent/carer to be with them at bedtime? Before the pandemic:			
	Yes	125/558 (22.40)	99/470 (21.06)	26/88 (29.55)
	No	433/558 (77.60)	371/470 (78.94)	62/88 (70.45)
34b	Does your child need a parent/carer to be with them at bedtime? Now:			
	Yes	164/554 (29.60)	132/468 (28.21)	32/86 (37.21)
	No	390/554 (70.40)	336/468 (71.79)	54/86 (62.79)
35a	Does your child use electronic devices in the hour before bedtime? Before the pandemic:			
	Yes	275/559 (49.19)	232/471 (49.26)	43/88 (48.86)
	No	284/559 (50.81)	239/471 (50.74)	45/88 (51.14)
35b	Does your child use electronic devices in the hour before bedtime? Now:			
	Yes	362/557 (64.99)	309/469 (65.88)	53/88 (60.23)
	No	195/557 (35.01)	160/469 (34.12)	35/88 (39.77)
About your child's daytime activities during the pandemic compared with before the pandemic				
36a	During the day, which electronic devices has your child been using for recreation and education during the pandemic (select all that apply)? Recreation:			
	TV	439/559 (78.53)	373/471 (79.19)	66/88 (75.00)
	Tablet	335/559 (59.93)	289/471 (61.36)	46/88 (52.27)
	Phone	326/559 (58.32)	270/471 (57.32)	56/88 (63.64)
	Gaming machines	206/559 (36.85)	164/471 (34.82)	42/88 (47.73)
	Computer	217/559 (38.82)	182/471 (38.64)	35/88 (39.77)

Question	Total (n = 559)	CYP without SEN (n = 471)	CYP with SEN (n = 88)
36b During the day, which electronic devices has your child been using for recreation and education during the pandemic (select all that apply)? Education:			

	TV	158/559 (28.26)	139/471 (29.51)	19/88 (21.59)
	Tablet	284/559 (50.81)	244/471 (51.80)	40/88 (45.45)
	Phone	170/559 (30.41)	148/471 (31.42)	22/88 (25.00)
	Gaming machines	10/559 (1.79)	7/471 (1.49)	3/88 (3.41)
	Computer	393/559 (70.30)	334/471 (70.91)	59/88 (67.05)
37a	How has your child's daytime use of electronic devices changed during the pandemic? Recreation:			
	Over 2 hours less	3/559 (0.54)	2/471 (0.42)	1/88 (1.14)
	1-2 hours less	4/559 (0.72)	2/471 (0.42)	2/88 (2.27)
	Up to 1 hour less	6/559 (1.07)	6/471 (1.27)	0/88 (0.00)
	No change	72/559 (12.88)	56/471 (11.89)	16/88 (18.18)
	Up to 1 hour more	81/559 (14.49)	71/471 (15.07)	10/88 (11.36)
	1-2 hours more	146/559 (26.12)	128/471 (27.18)	18/88 (20.45)
	Over 2 hours more	247/559 (44.19)	206/471 (43.74)	41/88 (46.59)
37b	How has your child's daytime use of electronic devices changed during the pandemic? Education:			
	Over 2 hours less	33/552 (5.98)	27/467 (5.78)	6/85 (7.06)
	1-2 hours less	14/552 (2.54)	8/467 (1.71)	6/85 (7.06)
	Up to 1 hour less	6/552 (1.09)	5/467 (1.07)	1/85 (1.18)
	No change	64/552 (11.59)	45/467 (9.64)	19/85 (22.35)
	Up to 1 hour more	73/552 (13.22)	65/467 (13.92)	8/85 (9.41)
	1-2 hours more	127/552 (23.01)	114/467 (24.41)	13/85 (15.29)
	Over 2 hours more	235/552 (42.57)	203/467 (43.47)	32/85 (37.65)
38	How has the amount of exercise your child usually does per week changed during the pandemic?			
	Over 2 hours less	198/558 (35.48)	159/470 (33.83)	39/88 (44.32)
	1-2 hours less	83/558 (14.87)	71/470 (15.11)	12/88 (13.64)
	Up to 1 hour less	56/558 (10.04)	51/470 (10.85)	5/88 (5.68)
	No change	96/558 (17.20)	83/470 (17.66)	13/88 (14.77)
	Up to 1 hour more	30/558 (5.38)	23/470 (4.89)	7/88 (7.95)
	1-2 hours more	54/558 (9.68)	48/470 (10.21)	6/88 (6.82)
	Over 2 hours more	41/558 (7.35)	35/470 (7.45)	6/88 (6.82)
39	Has your child's weight changed during the pandemic?			
	No change	320/559 (57.25)	277/471 (58.81)	43/88 (48.86)
	Gained weight	106/559 (18.96)	83/471 (17.62)	23/88 (26.14)
	Lost weight	39/559 (6.98)	30/471 (6.37)	9/88 (10.23)
	Don't know	94/559 (16.82)	81/471 (17.20)	13/88 (14.77)
40	Have your child's mealtimes and other daytime routines changed during the pandemic?			
	Yes	281/556 (50.54)	228/469 (48.61)	53/87 (60.92)
	No	275/556 (49.46)	241/469 (51.39)	34/87 (39.08)
	About the impact of your child's reduced sleep (if applicable)			
41	Has your child's reduced sleep had an impact on your wellbeing?			
	Yes	165/361 (45.71)	121/296 (40.88)	44/65 (67.69)
	No	196/361 (54.29)	175/296 (59.12)	21/65 (32.31)

Question	Total (n = 559)	CYP without SEN (n = 471)	CYP with SEN (n = 88)
42 Have you been more depressed, anxious, stressed, sad, tearful (due to your child's sleep problem)?			
Not at all	144/343 (41.98)	128/281 (45.55)	16/62 (25.81)
A little	113/343 (32.94)	95/281 (33.81)	18/62 (29.03)

	Moderately	51/343 (14.87)	34/281 (12.10)	17/62 (27.42)
	A lot	35/343 (10.20)	24/281 (8.54)	11/62 (17.74)
43	Have you found it more difficult to cope (due to your child's sleep problem)?			
	Not at all	165/337 (48.96)	147/273 (53.85)	18/64 (28.12)
	A little	108/337 (32.05)	88/273 (32.23)	20/64 (31.25)
	Moderately	36/337 (10.68)	19/273 (6.96)	17/64 (26.56)
	A lot	28/337 (8.31)	19/273 (6.96)	9/64 (14.06)
44	Have you been physically unwell (due to your child's sleep problem)?			
	Not at all	264/328 (80.49)	231/271 (85.24)	33/57 (57.89)
	A little	47/328 (14.33)	29/271 (10.70)	18/57 (31.58)
	Moderately	13/328 (3.96)	8/271 (2.95)	5/57 (8.77)
	A lot	4/328 (1.22)	3/271 (1.11)	1/57 (1.75)
45	Has your child's reduced sleep had an impact on their siblings' wellbeing?			
	Yes	170/241 (70.54)	145/195 (74.36)	25/46 (54.35)
	No	71/241 (29.46)	50/195 (25.64)	21/46 (45.65)
46	Have any siblings been more depressed, anxious, stressed, sad, or tearful (due to your child's sleep problem)?			
	Not at all	171/248 (68.95)	150/205 (73.17)	21/43 (48.84)
	A little	53/248 (21.37)	40/205 (19.51)	13/43 (30.23)
	Moderately	13/248 (5.24)	7/205 (3.41)	6/43 (13.95)
	A lot	11/248 (4.44)	8/205 (3.90)	3/43 (6.98)
47	Has your child's reduced sleep had an impact on their own wellbeing?			
	Yes	187/334 (55.99)	140/271 (51.66)	47/63 (74.60)
	No	147/334 (44.01)	131/271 (48.34)	16/63 (25.40)
48	Has your child become more hyperactive during the pandemic?			
	Not at all	334/517 (64.60)	289/435 (66.44)	45/82 (54.88)
	A little	122/517 (23.60)	99/435 (22.76)	23/82 (28.05)
	Moderately	38/517 (7.35)	30/435 (6.90)	8/82 (9.76)
	A lot	23/517 (4.45)	17/435 (3.91)	6/82 (7.32)
49	Has your child become more demotivated during the pandemic?			
	Not at all	117/517 (22.63)	105/434 (24.19)	12/83 (14.46)
	A little	212/517 (41.01)	192/434 (44.24)	20/83 (24.10)
	Moderately	82/517 (15.86)	65/434 (14.98)	17/83 (20.48)
	A lot	106/517 (20.50)	72/434 (16.59)	34/83 (40.96)
50	Has your child become more depressed, sad, or tearful during the pandemic?			
	Not at all	238/517 (46.03)	209/434 (48.16)	29/83 (34.94)
	A little	165/517 (31.91)	141/434 (32.49)	24/83 (28.92)
	Moderately	66/517 (12.77)	48/434 (11.06)	18/83 (21.69)
	A lot	48/517 (9.28)	36/434 (8.29)	12/83 (14.46)
51	Has your child been more anxious or stressed during the pandemic?			
	Not at all	208/521 (39.92)	188/437 (43.02)	20/84 (23.81)
	A little	197/521 (37.81)	168/437 (38.44)	29/84 (34.52)
	Moderately	60/521 (11.52)	45/437 (10.30)	15/84 (17.86)
	A lot	56/521 (10.75)	36/437 (8.24)	20/84 (23.81)
Question		Total (n = 559)	CYP without SEN (n = 471)	CYP with SEN (n = 88)
52	Has increased anxiety made your child's sleep worse?			
	Not at all	189/393 (48.09)	167/324 (51.54)	22/69 (31.88)
	A little	126/393 (32.06)	109/324 (33.64)	17/69 (24.64)
	Moderately	40/393 (10.18)	25/324 (7.72)	15/69 (21.74)
	A lot	38/393 (9.67)	23/324 (7.10)	15/69 (21.74)

61	How has your child been socialising with their friends during the pandemic (select all that apply)?			
	Hasn't been socialising with friends	75/559 (13.42)	54/471 (11.46)	21/88 (23.86)
	Phone messaging	288/559 (51.52)	252/471 (53.50)	36/88 (40.91)
	Social media	188/559 (33.63)	162/471 (34.39)	26/88 (29.55)
	Gaming	178/559 (31.84)	144/471 (30.57)	34/88 (38.64)
	Phone calls	156/559 (27.91)	141/471 (29.94)	15/88 (17.05)
	Video calls	311/559 (55.64)	279/471 (59.24)	32/88 (36.36)
	Incidental meetings during daily exercise	190/559 (33.99)	173/471 (36.73)	17/88 (19.32)
	Other	0/559 (0.00)	0/471 (0.00)	0/88 (0.00)
62a	Has your child been socialising with their friends online after midnight? Before the pandemic:			
	Yes	17/557 (3.05)	12/471 (2.55)	5/86 (5.81)
	No	533/557 (95.69)	452/471 (95.97)	81/86 (94.19)
	Don't know	7/557 (1.26)	7/471 (1.49)	0/86 (0.00)
62b	Has your child been socialising with their friends online after midnight? Now:			
	Yes	75/554 (13.54)	58/468 (12.39)	17/86 (19.77)
	No	468/554 (84.48)	399/468 (85.26)	69/86 (80.23)
	Don't know	11/554 (1.99)	11/468 (2.35)	0/86 (0.00)
63a	Has your child been doing school work in their bedroom? Before the pandemic:			
	Yes	161/555 (29.01)	141/469 (30.06)	20/86 (23.26)
	No	394/555 (70.99)	328/469 (69.94)	66/86 (76.74)
63b	Has your child been doing school work in their bedroom? Now:			
	Yes	178/552 (32.25)	151/467 (32.33)	27/85 (31.76)
	No	374/552 (67.75)	316/467 (67.67)	58/86 (68.24)
About your child's sleep and the transition back to school				
64	Does your child want to go back to school?			
	Yes	357/531 (67.23)	315/452 (357)	42/79 (53.16)
	No	86/531 (16.20)	62/452 (13.72)	24/79 (30.38)
	Doesn't mind	88/531 (16.57)	75/452 (16.59)	13/79 (16.46)
65	Is your child anxious about going back to school?			
	Yes	192/516 (37.21)	147/441 (33.33)	45/75 (60.00)
	No	324/516 (62.79)	294/441 (66.67)	30/75 (40.00)
66	Is your child afraid of going back to school due to COVID-19?			
	Yes	114/516 (22.09)	84/441 (19.05)	30/75 (40.00)
	No	402/516 (77.91)	357/441 (80.95)	45/75 (60.00)
67	Is your child anxious about what it will be like when they go back to school?			
	Yes	280/507 (55.23)	182/436 (41.74)	45/71 (63.38)
	No	227/507 (44.77)	254/436 (58.26)	26/71 (36.62)

Question	Total (n = 559)	CYP without SEN (n = 471)	CYP with SEN (n = 88)
68			
Is anxiety about going back to school currently having an impact on your child's sleep?			
Yes	59/476 (12.39)	39/407 (9.58)	20/69 (28.99)
No	417/476 (87.61)	368/407 (90.42)	49/69 (71.01)
69			
Is your child anxious that it will be difficult to get their sleep pattern back to normal when they go back to school?			
Yes	81/481 (16.84)	64/418 (15.31)	17/63 (26.98)

	No	400/481 (83.16)	354/418 (84.69)	46/63 (73.02)
70	Are you anxious that it will be difficult to get your child's sleep pattern back to normal when they go back to school?			
	Yes	217/509 (42.63)	171/434 (39.40)	46/75 (61.33)
	No	292/509 (57.37)	263/434 (60.60)	29/75 (38.67)
About your child and hospital/medications				
71	Who have you contacted about your child's sleep problems during the pandemic (select all that apply)?			
	No one	275/559 (49.19)	231/471 (49.04)	44/88 (50.00)
	GP	9/559 (1.61)	5/471 (1.06)	4/88 (4.55)
	Health visitor	3/559 (0.54)	0/88 (0.00)	3/471 (0.64)
	Other	0/559 (0.00)	0/471 (0.00)	0/88 (0.00)
72	Have you had a hospital appointment for your child's sleep problems during the pandemic?			
	Yes	1/550 (0.18)	1/466 (0.21)	0/84 (0.00)
	No	549/550 (99.82)	465/466 (99.79)	84/84 (100.00)
73	Has your child been prescribed any additional medication for sleep problems during the pandemic?			
	Yes	9/549 (1.64)	1/465 (0.22)	8/84 (9.52)
	No	540/549 (98.36)	464/465 (99.78)	76/84 (90.48)
74	If support from a sleep practitioner was available, would you be interested?			
	Yes	136/544 (25.00)	98/460 (21.30)	38/84 (45.24)
	No	408/544 (75.00)	362/460 (78.70)	46/84 (54.76)
75	If support from a sleep app was available, would you be interested?			
	Yes	228/543 (41.99)	178/459 (38.78)	50/84 (59.52)
	No	315/543 (58.01)	281/459 (61.22)	34/84 (40.48)

Notes. SEN = special educational needs. *n* (%) unless otherwise specified.
