

SLEEP HYGIENE TEST

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This is a helpful, non-scientific, test of your sleep habits.

POSITIVE SLEEP HYGIENE

Score 1 point for each True Answer

1. My bedroom at a temperature between 60-67 degrees.
2. I go to sleep and wake up at the about the same time each day (including weekends).
3. I get outside for at least 30 minutes every day.
4. My bedroom is as dark as possible.
5. I keep my phone and screens on night mode in the evenings.
6. I avoid screens within 30 minutes of bedtime.
7. I don't nap after 2:00 p.m.
8. I have a bedtime routine that includes prayer or recording gratitudes.
9. I get between 7.5 - 9 hours of sleep each night.
10. I exercise at least three times a week.

Total positive your score _____

NEGATIVE SLEEP HYGIENE

Score 1 point for each True Answer

1. I smoke.
2. I regularly eat a heavy meal within 2-4 hours of bedtime.
3. I consume caffeine after 10:00 a.m.
4. I drink alcohol within 2-4 hours of bedtime.
5. I exercise vigorously within 2-4 hours of bedtime.
6. I watch TV or use a laptop or phone while in bed.
7. My bedroom is noisy (from neighbors, music, talking, snoring) or has too much light).
8. I study or work while in bed.
9. I regularly have intense conversations or arguments in bed.
10. My bedroom is cluttered or used for activities other than sleep or sex.

Total negative sleep score _____

SLEEP SCORE

Subtract your negative sleep score from your positive score.

- | | | | |
|---------|----------------------------|-----------|--------------------------------|
| 8 to 10 | Snoozelicious! | -4 to -3 | We need to talk. |
| 5 to 7 | Doing well. | -6 to -5 | Do you know what day it is? |
| 3 to 4 | You can make improvements. | -8 to -10 | How are you still functioning? |
| 0 to 2 | Ummm... | | |
| -2 to 0 | This is a problem. | | |