

Sleep Quiz

Consider a typical day/night for the following questions.

1. How do you usually spend the hour before bed?
 - a. Keeping busy and doing things like housework and studying.
 - b. Using a phone, tablet, computer, or TV.
 - c. Doing calm activities or relaxing.
 - d. Each day is different.
2. What time do you usually go to bed?
 - a. 8 - 9 hours before I need to get up.
 - b. 6 - 7 hours before I need to get up.
 - c. Less than 6 hours before I need to get up.
 - d. Each day is different.
3. Rate the quality of your sleep on a typical night.
 - a. Terrible
 - b. Poor
 - c. Okay
 - d. Good
 - e. Great
4. How do you feel immediately upon waking up on a typical day?
 - a. Terrible
 - b. Poor
 - c. Okay
 - d. Good
 - e. Great

Answer the following questions based on yesterday/last night.

5. How did you spend the hour before bed last night?
 - a. I was busy doing things like housework and studying.
 - b. I was using a phone, tablet, computer, or TV.
 - c. I followed my usual bedtime routine and did calm activities.
 - d. Relaxing.
6. What time did you go to bed last night compared to the time you usually go to bed?
 - a. The usual time.
 - b. About an hour earlier or later than usual.
 - c. More than an hour earlier or later than usual.
 - d. I don't have a usual bedtime.

7. How long were you in bed before you fell asleep?
- a. I fell asleep within 15 minutes.
 - b. I fell asleep within half an hour.
 - c. I fell asleep within an hour
 - d. It took me more than an hour to fall asleep.
8. How many times did you wake up in the night?
- a. None
 - b. 1
 - c. 2
 - d. 3
 - e. 4 or more
9. Rate the quality of your sleep last night
- a. Terrible
 - b. Poor
 - c. Okay
 - d. Good
 - e. Great

Answer the following questions based on today.

10. What time did you wake up this morning?
- a. The usual time.
 - b. About an hour earlier or later than usual.
 - c. More than an hour earlier or later than usual.
 - d. I don't have a usual wake time.
11. How long after first waking up did you get out of bed this morning?
- a. I got up within 5 minutes.
 - b. I got up within 10 minutes.
 - c. I stayed in bed 15 minutes or longer before getting up.
 - d. I stayed in bed 30 minutes or longer before getting up.
12. How did you feel immediately upon waking up this morning?
- a. Terrible
 - b. Poor
 - c. Okay
 - d. Good
 - e. Great
13. How alert do you feel right now?
- a. Not alert at all
 - b. Not very alert
 - c. Neutral
 - d. Alert
 - e. Very alert

Sleep Quiz Scoring and Interpretation

A Typical Night Add up scores for questions 1 - 4.						Last night and today Add up scores for questions 5 - 13.					
	A	B	C	D	E		A	B	C	D	E
1	-1	-1	+1	-1		5	-1	-1	+1	+1	
2	+1	0	-1	-1		6	+1	-1	-2	-2	
3	-2	-1	0	+1	+2	7	+1	0	-1	-2	
4	-2	-1	0	+1	+2	8	+2	+1	0	-1	-2
						9	+2	+1	0	-1	-2
						10	+1	-1	-2	-2	
						11	+2	+1	0	-1	
						12	+2	+1	0	-1	-2
						13	+2	+1	0	-1	-2
Total score: _____						Total score: _____					
Maximum possible score: 6 Minimum possible score: -6 - Scores of +4 to +6: You probably have an effective sleep routine and generally sleep well. You generally have good consistency in your sleep. - Scores of +1 to +3: Your sleep routine and/or sleep quality are probably somewhat consistent and are generally satisfactory. - Scores of -3 to 0: Your sleep routine and/or sleep quality may lack consistency. - Scores of -4 to -6: Your sleep is likely of poor quality, and your sleep routine may need improvement.						Maximum possible score: 14 Minimum possible score: -16 - Scores of +10 to +14: You probably had a good quality sleep last night and most likely follow a routine for healthy sleep. - Scores of +1 to +9: Your sleep was probably okay last night with room for improvement. - Scores of -9 to 0: Your sleep quality suffered last night. You may lack a consistent routine for healthy sleep. - Scores of -10 to -16: Your sleep was of poor quality last night. You may lack a healthy sleep routine, or last night may have significantly deviated from your usual routine.					

**Overall Scores: Add up your total score for all questions (Maximum possible score: 20
Minimum possible score: -22)**

- Higher scores suggest a healthy sleep routine and that last night you slept well and followed consistent sleep hygiene practices.
- Lower scores suggest room for improvement in sleep quality and may indicate the need for a more consistent sleep hygiene routine.