

Are You Getting Enough Sleep?

Take the Sleep Quiz

Please circle the appropriate answer. A "Yes" answer must apply more than two nights per week.

1. Does it take you longer than 15 minutes to fall asleep at night? Yes No
2. Do you have difficulty waking up in the morning? Yes No
3. Do you sleep less than 8-9 hours per night? Yes No
4. Do you wake up once or more times during the night? Yes No
5. Do you wake up only by using an alarm? Yes No
6. Do you get up earlier than 6am? Yes No
7. Do you use medication(s) to help you sleep? Yes No
8. Do you wake up feeling tired? Yes No
9. Are you sleepy during the day? Yes No

Total number of "yeses": _____ If you answered "Yes" to one question or more, you will need to address your sleep to balance your hormones and feel well.

There are two types of insomnia: sleep onset insomnia - trouble falling asleep - and sleep maintenance insomnia - trouble staying asleep. We'll be reviewing these in the training.