

Sleep patterns

DO YOU:					
	Always	Usually	Sometimes	Rarely	Never
Go to bed later than expected?					
Have trouble falling asleep?					
Sleep through the night?					
Wake up 2-3 times each night?					
Can't get back to sleep if awakened?					
Feel rested in the morning?					

Factors that affect sleep:

Caffeine: _____

Stimulant medications: _____

Computer use: _____

Bright lights: _____

Spicy foods/heartburn: _____

Hot flashes/menopause: _____

True or false:

_____ You need less sleep as you get older

_____ Alcohol helps you sleep better

_____ Snoring is annoying but harmless

_____ You can get by fine on five or six hours of sleep

_____ You can train yourself to get by with less sleep

_____ Listening to recordings while you sleep helps you learn

_____ Napping is bad for you because it keeps you up at night

_____ You can sleep too much

_____ Sleep is less important than diet and exercise for good health