

Why We Sleep Questionnaire

| | Never | Rarely | Sometimes | Often | Always |
|---|-------|--------|-----------|-------|--------|
| | 1 | 2 | 3 | 4 | 5 |
| I go to bed and wake up at the same time each day. | | | | | |
| I exercise 30 min each day but not within 2-3 hours of bedtime. | | | | | |
| I don't drink caffeinated beverages after 1 pm. | | | | | |
| I avoid alcoholic beverages before bedtime. | | | | | |
| I avoid large meals or drinking too many fluids before bedtime. | | | | | |
| I avoid medications that delay or disrupt my sleep. | | | | | |
| I avoid taking naps after 3 pm. | | | | | |
| I create time for relaxing and unwinding before bedtime. | | | | | |
| I take a hot bath or shower before bedtime. | | | | | |
| I create a dark, cool and gadget free bedroom. | | | | | |
| I have 30 minutes of natural sunlight in my day to day activities. | | | | | |
| I avoid lying in bed awake for more than 20 minutes and if so I find a relaxing activity to do until I am sleepy. | | | | | |
| Total = | | | | | |

