

WHAT KEEPS YOU UP AT NIGHT?

<i>Write your score in the POINTS column.</i>	POINTS
Outside or Phototherapy (0 = less than 30 min; 1 = at least 30 min; 2 = at least 30 min in the morning)	
Activity (0 = less than 30 min; 1 = 30 min or more; 2 = 60 min or more)	
Standing/Stretching Breaks (0 = no; 1 = a few; 2 = every hour)	
Healthy Foods (0 = not all three; 1 = "all - veggies, fruits, proteins")	
Snack Time (0 = well beyond dinnertime; 1 = "ate within a 12 hour window")	
Processed Junk Food (0 = yes; 1 = no)	
Dependent On Coffee (0 = yes; 1 = no)	
Caffeine After Noon (0 = yes; 1 = "not after lunch")	
Know When Meds Should Be Taken (0 = no; 1 = yes)	
Same Wake Time (0 = never; 1 = "within 30 minutes daily")	
With a Snorer (0 = yes; 1 = no)	
Room Temperature (0 = warm; 1 = 68°F or cooler)	
Hydration (0 = not much; 1 = LOTS)	
Pets In Bed (0 = yes; 1 = no)	
Bright Devices Before or In Bed (0 = yes; 1 = no)	
Interior Lights On In the Evening (0 = yes; 1 = no)	
Sleep Lighting (0 = yes; 1 = no light)	
Monkey Mind (0 = controls me; 1 = "I use distraction techniques")	
On Your Back (0 = never; 1 = sometimes or always)	
On Your Side (0 = never; 1 = sometimes or always)	
On Your Belly (0 = always or sometimes; 1 = never)	
Sleep Aid (0 = once every 14 days or more; 1 = 3 to 12 times per year; 2 = never or couple times per year)	
Alarm (0 = always; 1 = not usually; 2 = never except in rare instances)	
Number of Hours Slept (0 = less than 6; 1 = 6 or more; 2 = 7 or more; 3 = 8 or more)	
TOTAL POINTS	

0 to 10 points = You are WIRED AND TIRED for many reasons! An evaluation of your lifestyle would benefit your sleep and overall health. Cognitive behavioral therapy from a licensed professional is a great way to clearly see what everyday habits need work to achieve quality sleep.

11 to 21 points = If you sometimes struggle with sleep, check out the responses that earned you zero points and try making one small change within those areas (see go.unl.edu/sleeptips). When you have mastered that change, try making another small change, etc.. Adding tiny adjustments to your days or sleep hygiene can make a world of difference in your nights!

22 to 31 points = You are on the right track in most areas that impact sleep. If you still have sleepless nights, analyze those items that earned zero points to see what could be keeping you awake.

CATCH SOME ZZZs

