SLEEP IS NO JOKE:

A Guide to Practicing Good Sleep Hygiene



Sleep is a biological function – there is no substitute.

Sleep is no joke. We cannot learn to sleep less, and we cannot trick ourselves into thinking that we are capable of running on less of it. Sleep is what our bodies need to regenerate from the everyday wear and tear we put on them. The restorative processes of sleep support almost 50% of our most critical pillars of health - organ systems tied to nutrition, physical fitness, mental and emotional health. These are our circadian rhythms, and these are what contribute to how well of a good night's rest we may achieve, and how well we perform the following day.

Depending on our age and lifestyle patterns, we all require unique sleeping parameters to match our everyday needs. Let's call these our sleep/wake cycles, and we now know that our circadian rhythms are the critical element to achieving a quality night's rest and to maintaining healthy sleep hygiene. As these rhythms are shaped and reformed throughout our lives, it is now up to us to make sure we are supporting our circadian health which is so critical to enabling our peak mental, physical and emotional performance each and every day through the restorative processes of sleep.

While circadian health is the most critical component to achieving a good night's rest, there are plenty of other daily decisions we make which directly influence it and the quality of sleep we experience each night. The following survey has been been designed to help you understand what those other decisions and circumstances are, and to help you gain insight into how to effectively care for your sleep hygiene regularly and with ease.

The questions presented were sourced from the National Sleep Foundation and are typically used in sleep clinics to assess whether a patient has a Circadian Rhythm Disorder or Sleeping Disorder. Please use the summary boxes at the bottom of each page to tally your sleep health results designed to help you understand what areas of your sleep hygiene can be enhanced. Quirk complimentary of LVG. Elevate your personal caretaking, get certain, and live lighthearted - all in a good night's rest!

SLEEP HYGIENE POINT SYSTEM:

24-30 POINTS:
WHOA, SLEEPING BEAUTY!

Well done! You certainly know how to care for your sleep hygiene! I bet you hear birds singing when you wake up?

16-23 POINTS:
RISE AND SHINE

You are doing fine! A little trouble sleeping or waking up here and there isn't anything you can't handle - let's keep it that way!

8-15 POINTS:
TEETER TOTTER

You are riding a pretty thin line. Keep checking in on yourself to ensure you haven't developed a sleeping disorder.

1-7 POINTS:
DAZED AND CONFUSED

WARNING! You may want to consider seeing a doctor to make you aren't suffering from a clinical sleeping disorder.

TRACK MY SLEEP HYGIENE:

Use the checklist below to evaluate how well you are caring for your circadian health, and discover areas where you can improve you sleep wellness profile.

[Yes: 3pt / No: 1pt] Do I maintain consistent bedtimes and wake times?

☐ Yes ☐ No Time: _____

[Yes: 3pt / No: 1pt] Do I avoid caffeine and alcohol before bed?

☐ Yes ☐ No

[Yes: 3pt / No: 1pt] Do I use my bed for anything outside of sleep and intimate relations?

☐ Yes ☐ No

[Yes: 3pt / No: 1pt] Do I dim my lights 2-3 hours before I expect to fall asleep?

☐ Yes ☐ No

[Yes: 3pt / No: 1pt] Is my bedroom environment noisy, bright or uncomfortable?

☐ Yes ☐ No

[Yes: 2pt / No: 1pt] Do I only go to bed when I am are drowsy?

☐ Yes ☐ No

[Under 1: 3pt / 1-2hr: 2pt / 3-4 Hr: 1pt / Over 3: 0pt] How long does it take for me to fall asleep?

☐ Under 1hr ☐ 1-2 hrs ☐ 2-3 hrs ☐ over 3 hrs

[Yes, often: 0pt / Yes, once: 1pt / No: 2pt] Do I awaken during the night? How often?

☐ Yes, often ☐ Yes, once ☐ No

[Under 1: 2pt / 2-3 Hr: 1pt / 4-5 Hr: 0pt / Over 5: 0pt] What is the length of awakenings in one time (if any)?

☐ Under 1 hr ☐ 2-3 hrs ☐ 4-5 hrs ☐ over 5 hrs

[None: 2pt / 1-2: 1pt / 3-4: 0pt / Over 4: 0pt] What number of times do I get out of bed in the middle of the night?

☐ None ☐ 1-2 ☐ 3-4 ☐ Over 4

[U4: 0pt / 4-6: 1pt / 6-8: 2pt / O8: 1pt] What is my total sleep time throughout a full night?

☐ Under 4 hrs ☐ 4-6 hrs ☐ 6-8 hrs ☐ over 8 hrs

[WR: 3pt / S: 1pt / M: 0pt] How do I feel when I awake in the morning?

☐ Well rested and alert ☐ Sleepy, but functioning ☐ Miserable, non-functioning

[Yes: 1pt / No: 1pt] Do I take/need daytime naps?

☐ Yes ☐ No

[Exc: 2pt / Avg: 1pt / Pr: 0pt] If so, what quality of nap do I experience?

☐ Excellent ☐ Average ☐ Poor

SLEEP HYGIENE SCORE: _____