

RATE YOUR SLEEP

Read the statements below. Answer true or false for each one. If you answer true more than twice, you may want to discuss your sleep problem with your healthcare professional.

1. I feel sleepy during the day, even when I get a good night's sleep.	True	False
2. I get very irritable when I can't sleep.	True	False
3. I often wake up at night and have trouble falling back to sleep.	True	False
4. It usually takes me a long time to fall asleep	True	False
5. I often wake up very early and can't fall back to sleep.	True	False
6. I usually feel achy and stiff when I wake up in the morning.	True	False
7. I often seem to wake up because of dreams.	True	False
8. I sometimes wake up gasping for breath.	True	False
9. My bed partner says my snoring keeps her/him from sleeping.	True	False
10. I've fallen asleep driving.	True	False

This quiz was written by the [Publications Committee](#) for inclusion in the [Sleep & Health wellness brochure](#) published and copyrighted by the AASM.

Reading Level: 5.8

Reading Ease: 73.6