

SLEEP HYGIENE QUIZ

Sleep hygiene involves a variety of practices that are necessary to have normal, quality nighttime sleep and full daytime alertness.

Take the following sleep quiz to find out if you currently practice healthy sleep:

QUESTION	YES	NO
1. Do you go to bed and wake up at the same time each day, including weekends?		
2. Do you avoid alcohol or foods/drinks high in caffeine close to bedtime?		
3. Do you exercise at least three hours before bedtime and fall asleep easily that night?		
4. Do you have a regular relaxing routine to help wind down from the day BEFORE getting into bed?		
5. Is your sleep environment cool, dry, quiet and comfortable?		
6. Do you use your bed primarily for sleep?		
7. Do you sleep on a comfortable mattress or pillow?		
8. Do you finish eating at least two to three hours before your regular bedtime?		
9. Do you avoid cigarettes and other tobacco products close to bedtime?		
10. Do you avoid taking naps during the day?		

If you answered “no” to any of these questions, you may be negatively impacting your sleep. By simply altering your behavior before bedtime, you can prevent the development of sleep problems.

For tips on how to positively change your lifestyle, please refer to the “Sleep Tips.”