

Sleep Vulnerabilities Quiz

What's standing between you and restful, restorative sleep? Take our quiz and find out where to focus your best-sleep-ever efforts and get the sleep you need!

I am worried about getting enough sleep. *

A Yes

B No

I wake up multiple times during the night. *

A Yes

B No

If yes... Why?

- I don't know why I wake up; I just do
- I wake up to feed, diaper, nurse, or otherwise care for a child/toddler/baby
- I'm the only person who can nurse my baby
- I wake up because of noise (partner snoring, outside noise, kids, etc.)
- I wake up to use the bathroom more than once

I wake up because I am physically uncomfortable or in pain

I have nightmares

I'm pregnant

Other

I fall asleep as soon as my head hits the pillow. *

A Yes

B No

If no, then... Why not?

I lie awake and think about what I need to do tomorrow

I lie awake and think about what happened today or before

I have a hard time finding a comfortable position

My mind is too busy with thoughts to relax

I feel keyed up and antsy

Other

When I can't sleep, I...

Watch the clock

Look at my phone

Listen to a podcast

Get out of bed

Read

Watch TV

Other

I sleep in bed with... *

Me, myself and I

My partner

My baby

My dog/cat/other pet

A rotating cast of family members

Other

I would describe myself as... *

A A night owl

B A morning person

C Neither

I feel rested upon waking. *

A Yes

B No

If no, then... Which of these apply?

- I take a nap during the day
- I try to nap, but I'm too worked up to sleep, even though I'm also exhausted
- I fall asleep earlier than intended in the evening
- I stay awake all day, but I'm so tired that I can't concentrate when I need to

I go to bed on time (whatever that means for you). *

A Yes

B No

If no, then... Why not?

- I stay up too late because I want time for myself, for my interests, or with my partner
- I'm not tired when I think I should go to sleep
- What's the point of going to bed? Someone will wake me up soon enough, anyway
- Other

I wake up around the same time most days. *

A Yes

B No

I use my bed for... *

- Sleeping
- Entertainment (TV, reading, etc.)

Eating

Sex

Feeding others

Work or projects

Paying bills or other adulting activities

Other

It is almost always hard for me to fall asleep. *

A Yes

B No

I worry that I do not get enough sleep. *

A Yes

B No

I feel hopeless about sleep. *

A Yes

B No