

Name: _____					
Date: _____					
Avg. hours slept per night last week: _____					
Avg. hours in bed per night last week: _____					
Average Rest ____/10 (0 = none, 10 = maximum)					
Satisfaction with sleep ____/10 (0 = none, 10 = max)					
	Never	Seldom	Sometimes	Often	Very Often
Part 1. These <i>make it harder</i> to sleep well:					
During the day I take a nap for longer than 20 min.					
I have caffeine within 6 hours of bedtime. (it's in some beverages, chocolate, and medications)					
I drink alcohol within 6 hours of bedtime.					
I eat dinner within 2 hours of bedtime.					
I am very active in the 2 hours before bedtime.					
I watch the television news at 9 p.m. or later.					
Within one hour of bedtime, I am physically or mentally active					
I use tobacco in the hour before trying to sleep.					
During the hour before bedtime, I drink water or some other liquid.					
I am hungry when I go to bed.					
I use my bed for things other than sleep (for example: talking on the telephone, watching television, reading, computer)					
I try to go to sleep even if I'm not drowsy.					
If I can't sleep, I stay in bed and keep trying.					
I can't seem to unwind enough to sleep well.					
I go to bed and worry about things.					
I often feel strong emotions in the hour before bedtime (angry, sad, worried, excited).					
I go to bed feeling upset.					
I watch television in bed.					
During the night I check my clock.					
Music is playing while I try to fall asleep.					
The television is on while I try to fall asleep.					
My sleeping room feels too hot or cold.					
Noises keep me from falling asleep or staying asleep.					
I stay up more than 1 hour past my regular bedtime.					
I sleep in more than 1 hour after my regular wake-up time.					

Sleep habits & hygiene (<i>Shh</i>) Checklist					
© 2005-2009 Wayne Martin, LCSW 817-456-3489					
	Never	Seldom	Sometimes	Often	Very Often
Part 2. These <i>help</i> you sleep well:					
I have a standard routine before going to sleep.					
I do quiet activities (<u>other</u> than TV or computer) in the hour before bedtime.					
I do relaxation procedures in the hour before bedtime.					
I dim the lights to help me wind down in the hour before bedtime.					
I use a source of "white noise" to help me sleep (i.e., sound machine, fan, or air conditioner).					
My bedroom is for sleep and intimate activities only.					
If I'm not asleep in 15 minutes, I get up and do something quiet until I'm drowsy again (<u>Not</u> TV, computer, or bright lights).					
I have a light snack just before bedtime					
If something is stressing me before bedtime, I can calm myself in order to fall asleep.					
I exercise for at least 30 minutes early in the day.					
I only go to bed when I'm drowsy.					
When it's time to sleep, I keep my bedroom very dark.					
My room is a comfortable temperature for sleeping.					

I am willing to change my habits to sleep better: Yes Maybe No

Part 3. How to get better sleep:

Look over your answers in Part 1. To sleep better, simply change 2 or 3 of the habits checked "Often" or "Very often". Write your commitment here.

Because I want to sleep better, I will *reduce* these habits:

Now look over Part 2. If you make new habits of 2 or 3 of the checked "Never" or "Seldom", your sleep will improve. Write your commitment here:

Because I want to sleep better, I will *increase* these habits: