

Sleep Questions

1. What time do you normally go to bed?

Why do you go to bed when you do?

Do you ever put off going to bed?

2. How long do you typically sleep?

Is this a consistent pattern (time to bed and to wake up)?

3. How long does it take you to fall asleep?

If longer than 10 minutes, "what was going on in your mind?"

4. Does It ever take you longer than _____ minutes (from above) to fall asleep? If so, how often?
X's a week, X's a month etc.

5. How often do you wake in the night?

Do you know why you wake up?

If you wake, how long does it take you to fall back asleep?

If it takes you a while to fall back to sleep, what's going on when you aren't falling asleep?

Are you going over things in your mind?

Is that keeping you from falling asleep?

Or are you unable to fall asleep and then you start thinking about things?

6. Do you sleep soundly? Restlessly? Other?

7. Is it difficult to get up? Do you use an alarm?

Are you Groggy, Tired? Draggy?

8. What time do you wake up?

9. Do you feel well when you get up? If not, why?

If you could sleep as long as you want, would you wake up rested?