

# My Sleep Hygiene

Never   Rarely   Sometimes   Frequently   Always

I take daytime naps lasting two or more hours.

I go to bed at different times from day to day.

I get out of bed at different times from day to day.

I exercise to the point of sweating within 1 hr of going to bed.

I stay in bed longer than I should two or three times a week.

I use alcohol, tobacco, or caffeine within 4hrs of going to bed or  
after going to bed.

I do something that may wake me up before bedtime (for example:  
play video games, use the internet, or clean).

I go to bed feeling stressed, angry, upset, or nervous.

I use my bed for things other than sleeping or sex (for example:  
watch television, read, eat, or study).

I sleep on an uncomfortable bed (for example: poor mattress or  
pillow, too much or not enough blankets).

I sleep in an uncomfortable bedroom (for example: too bright, too  
stuffy, too hot, too cold, or too noisy).

I do important work before bedtime (for example: pay bills,  
schedule, or study).

I think, plan, or worry when I am in bed.