

# Understanding My SLEEP

In order to optimize your sleep and fully enjoy the health and performance benefits, we need to first understand the behaviors that impact on sleep. To help you with this, please rate yourself on the following behaviors that range from column A to column B. When you are done, add up the total number of checks per column AND multiple this number by the number at the top of the column. Enter this number in the column total box at the bottom of the column. Then add all of the column totals together to generate your sleep score. The minimum score is 10 and the maximum is 50.

A	1	2	3	4	5	B
1. I rarely get 7.5+ hrs of undisrupted sleep						I get 7.5 hrs of undisrupted sleep 5 nights a week.
2. Every night I go to bed at a different time						I go to bed at the same time every night
3. On most days, my largest meal of the day is dinner						My smallest meal of the day is dinner
4. I often eat dinner after 7:00 pm						I routinely finish dinner before 7:00 pm
5. I consume alcohol more than 5 nights a week						I don't drink alcohol
6. On most days I enjoy a drink that contains caffiene after 12:00 noon.						I don't drink caffienated beverages
7. I have no restrictions on technology (phone, TV, laptop) in my bedroom						My bedroom is technology free - always
8. I routinely use electronics right up until my bed time including in my bedroom						I routinely turn off all technologies at least 1 hr before bedtime
9. I can't shut off my mind at bedtime						I am able to completely disconnect from the world at bedtime.
10. Kids and/or pets are allowed in my bed during the night						Kids and pets are not allowed on my bed or in my bedroom
<b>Add Column Totals</b>						<b>YOUR SCORE</b> _____

To book one of the following wellness and performance workshops for you, your executive team or your employees please contact

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- Sleep - The Ultimate High Performance Drug
- The Making of a Corporate Athlete
- Leadership Wellbeing - A Risk Mitigation Strategy