

Are You Sleep Deprived?

Sleep is vital for our physical and mental wellbeing, and getting good quality sleep can reduce some of the risk factors associated with serious health problems.

Question	True/False
I need an alarm clock in order to wake up at the appropriate time.	
It's a struggle for me to get out of bed in the morning.	
Weekday mornings I hit the snooze button several times to get more sleep.	
I feel tired, irritable and stressed out during the week.	
I have trouble concentrating and remembering.	
I feel slow with critical thinking, problem-solving and being creative.	
I often fall asleep watching TV.	
I often fall asleep after heavy meals or after a low dose of alcohol.	
I often fall asleep while relaxing after dinner.	
I often fall asleep within five minutes of getting into bed.	
I often feel drowsy while driving.	
I often sleep extra hours on weekend mornings.	
I often need a nap to get through the day.	
I have dark circles around my eyes.	

Two or more “true” statements may indicate a problem with sleep.

Review the Sleep Hygiene Checklist to see what changes you can make in your life.

Dr. Jeremy Sutton