

## Sleep Quiz

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	Yes/No
Is sleep a low priority in your life?	
Do you fit it in after everything else in your life?	
Is your bedroom too bright, cluttered, and uncomfortable?	
Is your sleep inconsistent? Awake during the night and asleep during the day?	
Are you busy right up to bedtime?	
Are you lying awake worrying and thinking over problems?	
Are you watching the clock counting down how many hours of sleep you haven't had?	
Do you sleep somewhere else other than the bed?	
Do you watch TV or use a phone/tablet in bed?	
Do you drink tea, coffee, alcohol at night?	
Do you lie awake for hours trying to get to sleep?	
Do you seldom get outside and get natural light?	

If you are answering *Yes* to multiple questions, you are possibly not prioritizing your sleep.

Consider what actions you need to take to ensure that getting sufficient, good-quality sleep receives appropriate focus daily.

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