

Self Healing Invitation: Sleep Hygiene Assessment

Here are a few questions to ask yourself to check your own sleep hygiene. The insight you gain from your answers can help you get clear on what small changes you can make for improved sleep, if this is an area of struggle for you. Refer to the “setting yourself up for sleep success” in Chapter 6 for some simple and natural ways you can improve theyour quality of sleep.

What time do you typically go to bed and wake up?

How many hours of sleep do you usually get per night?

Do you have a consistent bedtime routine? If so, what does it involve?

Are there any factors that tend to disrupt your sleep, such as noise, light, or temperature?

Do you consume caffeine, alcohol, or heavy meals close to bedtime?

How often do you use electronic devices (e.g., phone, computer, TV) before bedtime?

Do you experience difficulty falling asleep, staying asleep, or waking up too early?

Have you noticed any patterns or triggers for sleep disturbances, such as stress or anxiety?

Do you engage in any relaxation techniques before bedtime, such as meditation or deep breathing?

How do you feel upon waking up in the morning? Do you feel refreshed and well-rested or tired and groggy?