

# Personal Sleep HISTORY

1

What do you think constitutes **NORMAL / HEALTHY** sleep?

2

How would you describe your **RELATIONSHIP** to sleep (both past & present)?

3

What **BELIEFS** do you have about sleep / taking naps?

Sleep is a time to replenish, recharge and rejuvenate.

There's too much to do.

It's a waste of time/unproductive to sleep.

Taking naps is lazy.

When I have too much to do, I gain time by sleeping less.

Other



4

Are you having trouble consistently getting a good night's sleep?

**Yes**

**No**

*If yes...*

a. Is it hard to **FALL** asleep? Please describe.

b. Is it hard to **STAY** sleep? Please describe.

5

What might **FRAGMENT** your sleep?

- a. Children / pets waking you up
- b. Snoring / restless partner
- c. Physical discomfort (*cramping, soreness, pain*)
- d. Tired & wired (*can't fall asleep despite being exhausted*)
- e. Worries or curious thoughts
- f. Drinking caffeine prior to sleep
- g. Trips to the bathroom
- h. Noisy electronics

Other

