

## Sleep Hygiene Index

<i>Number</i>	<i>Question</i>	<i>always</i>	<i>frequently</i>	<i>sometimes</i>	<i>rarely</i>	<i>never</i>
1	You take daytime naps lasting two or more hours too close to bedtime					
2	You go to bed at different times from day to day					
3	You get out of bed at different times from day to day					
4	You exercise to the point of sweating within 1 h of going to bed					
5	You stay in bed longer than you should two or three times a week					
7	You do something that may wake you before bedtime (for example: play video games, use the internet, watch TV)					
8	You go to bed feeling stressed, angry, upset, or nervous					
9	You use their bed for things other than sleeping (for example: watch television, eat)					
10	You sleep on an uncomfortable bed (for example: poor mattress or pillow, too much or not enough blankets)					
11	You sleeps in an uncomfortable bedroom (for example: too bright, too stuffy, too hot, too cold, or too noisy)					
13	You think, plan, or worry when in bed					
14	You drink a lot of alcohol or coffee close to bedtime					
15	You smoke					