

Rating Your Sleep Habits

WAKE UP CALL!



<p>1. Most nights, I sleep,</p> <ul style="list-style-type: none">a) under 6 hoursb) 6 to 9 hoursc) 10 or more hours	<p>4. When I go to sleep I, (Circle any that apply to you)</p> <ul style="list-style-type: none">a) sleep straight away and sleep all nightb) take a long time to get to sleepc) watch an TV or play video games before bedd) wake up a lot during the night
<p>2. When I wake in the morning I, (Circle any that apply to you)</p> <ul style="list-style-type: none">a) feel I have slept wellb) wish I could go back to sleepc) can't get up for a whiled) feel sleepy even at schoole) jump out of bed early	<p>5. When I have homework I</p> <ul style="list-style-type: none">a) stay up late to finish itb) drink coffee or coke to keep me awakec) finish it but go to bed at my usual time
<p>3. At bed time I (Circle any that apply to you)</p> <ul style="list-style-type: none">a) Complain about going to bedb) go to bed without a problemc) go to bed before 9d) I don't have a special bedtime	<p>Score points for your answers as follows:</p> <ul style="list-style-type: none">1. a) = 0; b) = 1; c) = 22. a) = 1; b) = 0; c) = 0; d) = 0; e) = 23. a) = 0; b) = 2; c) = 1; d) = 04. a) = 2; b) = 0; c) = 0; d) = 05. a) = 0; b) = 1; c) = 2
	<p>What your score means:</p> <ul style="list-style-type: none">9-10 points -great sleeper6-8 points -almost a great sleeper4-5 points - you must be sleepy!less than 3 points - get more sleep!