SLEEP AUDIT

Health is One

Thinking about your sleep over the past 30 days

How often do you experience the following in relation to sleep.	Less than twice a week	2-4 times a week	More than 4 times a week
After getting into bed, falling asleep takes 15 minutes or more			
I find it difficult to fall asleep and find my mind wandering			
I wake up through the night and find it difficult to get back to sleep			
I have difficulty getting up in the morning			
I feel tired throughout the day			

Mostly less than twice a week

It sounds like you are sleeping relatively well. Focus on the routine you have before bed and keep it the same throughout the week.

Being deliberate about our sleep prep and habits can maintain consistent restorative sleep.

Mostly 2-4 times a week

It sounds like you could benefit from learning more about what you can do to improve your sleep. Try to ensure you are sticking to the same sleep/wake times.

Get out of bed if you are struggling to sleep and return when feeling genuinely sleepy.

Mostly more than 4 times a week

Sleep struggles are tough and have an impact on our day to day lives.

Keep a sleep diary for at least 2 weeks to see if you notice any patterns and if you are worried, check in with your GP.

Focus on a healthy balanced diet, gentle exercise and get plenty of natural light exposure through the day, to support your all-round health