



ASSESSING YOUR SLEEP *

	0	1	2	3	4
How would you describe your sleep overall?	Very good	Good	Average	Bad	Very bad
How many hours sleep do you get on average per night?	Between 7 and 8 hours	Between 6 and 7 hours	Between 5 and 6 hours	Between 4 and 5 hours	Less than 4 hours
What time do you usually go to bed at night?	Between 22h30 and 23h	Between 23h and midnight	Between midnight and 1 a.m.	Between 1 and 2 a.m.	After 2 a.m.
How long does it take you to fall asleep in bed?	Less than 10 minutes	Between 10 and 20 minutes	Between 20 and 30 minutes	Between 30 minutes and 1 hour	More than 1 hour
How often do you get up at night?	Never	Usually 1 time	Usually 2 times	Usually 3 times	4 times and sometimes more
Do you snore (according to you or your partner)?	No	Very few	A little bit	A lot	Terribly
Do you sometimes wake up suddenly with anxiety and a feeling of suffocation?	Never	Very rarely	Yes, at least 2 times a night	Yes, often	Yes, every night and very often
Do you sometimes hardly sleep at all at night?	Never	Very rarely	1 time/month	1 every 15 days	At least once a week
When you wake up in the morning, do you feel fit?	In top form	Fit	A little tired, but this fades in the morning	Tired and going on all day	Very tired and getting worse as the day goes on

Score:

Less than 10 points: Bravo, your sleep is of good quality.

11 to 20 points: Your sleep could be better, so it's important to optimise it. You're not getting enough sleep, either because you go to bed too late (after midnight) or because you wake up too often at night. It's important to understand the reason for this so that you can correct your behaviour or find a solution to any apnoea or insomnia you may be experiencing.

More than 20: You really are too sedentary. You absolutely must increase your level of physical activity both at work and in your leisure time. Your health depends on it.

*Source : *Napsothérapie, Dr Laurence Plumey, Editions Eyrolles*