

The Sleep Quiz

Can't sleep?

Take our quiz to find out more about your sleep.

1	Is sleep a low priority in your life? Do you fit it in after everything else is done?
2	Is your bedroom light, noisy, cluttered or uncomfortable?
3	Is your sleep all over the place? Are you awake at night and have to catch up in the day?
4	Are you busy all the way up to bedtime?
5	Do you lie in bed mulling over your problems and worries?
6	Are you watching the clock, counting how many hours sleep you haven't had?
7	Do you sleep somewhere other than in a bed?
8	Do you watch TV, use a computer, tablet or mobile phone in bed?
9	Do you drink alcohol, coffee, tea, or energy drinks in the evening?
10	Lying awake for hours in bed TRYING to sleep?
11	Do you stay indoors?
You can print this quiz or scroll through to see ideas and answers for better sleep.	

1	<p>Is sleep a low priority in your life? Do you fit it in after everything else is done?</p>
	<p><i>People who make time to do things to improve their sleep have better sleep. Have a look at the list below to find things you could do to make your sleep better.</i></p> <p style="text-align: right;">Worth trying? <input type="checkbox"/></p>
2	<p>Is your bedroom light, noisy, cluttered or uncomfortable?</p>
	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: 30%;"> <p><i>I had a good tidy up and made my bedroom a clutter free zone.</i></p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: 30%;"> <p><i>I had to get some earplugs.</i></p> <p><i>My husband snores</i></p> </div> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: 30%; margin: 10px auto;"> <p><i>Some proper curtains to shut out the light meant I didn't wake up so early.</i></p> </div> <p style="text-align: right;">Worth trying? <input type="checkbox"/></p>
3	<p>Is your sleep all over the place? Are you awake at night and have to catch up in the day?</p>
	<p><i>I had to make myself a daily routine with a proper bed time and getting up time. Then I gradually cut out naps in the day.</i></p> <p style="text-align: right;">Worth trying? <input type="checkbox"/></p>
4	<p>Are you busy all the way up to bedtime?</p>
	<p><i>Your body needs time to settle before sleep. Set a time after which you will start to wind down before bed. Dim the lights, have a hot bath, read or click on the link relaxation for more. Give yourself an hour or more if you can.</i></p> <p style="text-align: right;">Worth trying? <input type="checkbox"/></p>
5	<p>Do you lie in bed mulling over your problems and worries?</p>

	<p><i>This is a common problem! Try clicking on the links relaxation or mindfulness, or using word games in your head to distract yourself. Write worries down and decide to think about them tomorrow....or....get up for a while and do something relaxing like read a magazine with the lights dimmed.</i></p> <p style="text-align: right;">Worth trying? <input type="checkbox"/></p>
6	<p>Are you watching the clock, counting how many hours sleep you haven't had?</p>
	<p><i>Turn the clock away, or put it under the bed. Decide not to check the time. Do you really need to know what time it is?</i></p> <p style="text-align: right;">Worth trying? <input type="checkbox"/></p>
7	<p>Do you sleep somewhere other than in a bed?</p>
	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: 45%;"> <p><i>Sleeping on the sofa in front of the telly was a bad habit. It didn't do my back any good.</i></p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: 45%;"> <p><i>I had to make myself get up the stairs to bed and settle down properly.</i></p> </div> </div> <p style="text-align: right;">Worth trying? <input type="checkbox"/></p>
8	<p>Do you watch TV, use a computer, tablet or mobile phone in bed?</p>
	<p><i>TVs, computers and mobile phones may help to pass the time but they can disturb your sleep. The light in tablet and phone screens tells your brain to wake up.</i></p> <p><i>Try some relaxation instead?</i></p> <p style="text-align: right;">Worth trying? <input type="checkbox"/></p>
9	<p>Do you drink alcohol, coffee, tea, or energy drinks in the evening?</p>

	<p><i>I was drinking lots of coffee to keep myself awake in the day and then alcohol in the evening to get to sleep! I cut down on both and it's helped me.</i></p> <p>Worth trying? <input type="checkbox"/></p>
10	<p>Lying awake for hours in bed TRYING to sleep?</p>
	<p><i>Trying to sleep keeps you awake. Try NOT trying! If you are resting and relaxed then you are more likely to fall asleep.</i></p> <p>Worth trying? <input type="checkbox"/></p>
11	<p>Do you stay indoors?</p>
	<p><i>Get daylight every day. It tells your body clock when it's daytime and night time.</i></p> <p>Worth trying? <input type="checkbox"/></p>