

HOW HEALTHY ARE YOUR SLEEP HABITS?



TAKE THE QUIZ



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Sleep is Important



Sleep is important. In addition to how tired you feel the next day, a lack of sleep can impact your *weight, hormones, and even your immune system.*

Your daily and nightly habits and routines play a huge role in the *quantity and quality* of sleep you're getting every night... for better or for worse.

Let's see if your daily habits and routines are *helping* your sleep or *keeping you exhausted!*



The questions on the following pages all have to do with just that. The daily and nightly habits that are impacting your sleep... for better or worse.

Think back on the **past 7 days** and answer the questions honestly. At the end, you'll add up your score and see how you did!

If your sleep habits could use a few tweaks, don't worry. You'll also find a few tips for healthy sleep habits that you can start implementing *today!*

Question 1

How many days per week do you go to bed at the same time?

- a** - I have no clue what time I go to bed.
- b** - Every day like clockwork.
- c** - Only during the week, the weekends are meant for staying up late and sleeping in!
- d** - I'm consistent a few days every week

Question 2

What activities do you do in your bed? Circle all that apply.

- a** - Sleep
- b** - Watch TV
- c** - Scroll social media
- d** - Get intimate
- e** - Work from home
- f** - Online shopping

Question 3

What time do you last use your phone at night?

- a** - Just before I turn the lights out.
- b** - 30 minutes before bed
- c** - 1 hour before bed
- d** - More than 1 hour before bed

Question 4

What do you do in the hour before bed? Circle all that apply.

- a** - Watch TV
- b** - Read a book
- c** - Work
- d** - Take a bath
- e** - Meditate
- f** - Have a snack
- g** - Have a drink

Question 5

When do you exercise?

- a** - Never!
- b** - Always in the morning
- c** - It varies
- d** - In the afternoon
- e** - Evenings work best for me

Question 6

How many lights are on in your room when you're asleep? (Be sure to include lights coming from charging devices, nightlights, etc.)

- a** - None - I need complete darkness.
- b** - Only one that I can think of.
- c** - 2 or 3 lights
- d** - 4+

Question 7

When's the last time you eat before bed?

- a** - Just before crawling into bed.
- b** - One hour before
- c** - Two hours before
- d** - I don't eat anything after dinner

Question 8

How many days per week do you have a drink in the hour before bed?

- a** - Never
- b** - 1 - 2 days
- c** - 3 - 4 days
- d** - 5+ days

Question 9

How many hours per day do you spend outside?

- a** - Just to my car and back
- b** - 1 hour
- c** - 2 - 3 hours
- d** - I'm outside all day!

Question 10

How close to natural light is your work space?

- a** - I work in a dungeon.
- b** - My desk is right next to a window.
- c** - I can see the window from where I sit.
- d** - I work outside

Question 11

How many days per week do you wake up at the same time?

- a** - Every day
- b** - Only during the week.
- c** - Every day is different.
- d** - Probably about half the time.

Question 12

How many days per week do you go to bed at the same time?

- a** - I have no clue what time I go to bed.
- b** - Every day like clockwork.
- c** - Only during the week, the weekends are meant for staying up late and sleeping in!
- d** - I'm consistent a few days every week

Question 13

On a scale of 1-10 how stressed are you throughout the day?

1 = Relaxed and chill all day every day

10 = It's a miracle I have any hair left with how stressed I am

My score: _____

Question 14

Where do you typically fall asleep?

a - Always in bed.

b - I pass out on the couch every night.

c - Somewhere else.

d - I'm inconsistent.

Question 15

What time of day do you first get some sunlight on your face?

a - Within 30 minutes of waking up

b - Sometime in the morning

c - Not usually until lunchtime

d - In the afternoon or not at all

Answer Key



Question 1

- a - 4
- b - 0
- c - 2
- d - 3

Question 6

- a - 0
- b - 1
- c - 2
- d - 3

Question 12

- a - 0
- b - 4
- c - 2

Question 2

- a - 0
- b - 1
- c - 1
- d - 0
- e - 1
- f - 1

Question 7

- a - 4
- b - 3
- c - 1
- d - 0

Question 13

- 1 = 0
- 2 - 4 = 1
- 5 - 6 = 2
- 7 - 9 = 3
- 10 = 4

Question 3

- a - 4
- b - 2
- c - 1
- d - 0

Question 8

- a - 0
- b - 1
- c - 2
- d - 4

Question 14

- a - 0
- b - 4
- c - 4
- d - 2

Question 4

- a - 1
- b - 0
- c - 2
- d - 0
- e - 0
- f - 1
- g - 1

Question 9

- a - 4
- b - 2
- c - 1
- d - 0

Question 15

- a - 0
- b - 1
- c - 2
- d - 4

Question 5

- a - 4
- b - 0
- c - 2
- d - 1
- e - 3

Question 10

- a - 4
- b - 1
- c - 2
- d - 0

Question 11

- a - 0
- b - 1
- c - 4
- d - 3

How did you do?



My score: _____

A+

Scores 0-10

You are a master of your sleep habits! Your body's circadian rhythm works like a well-oiled machine. You've really set your body up for success... Congratulations! If you're still having trouble sleeping, it's definitely not from your sleep habits. Contact us today at [YOUR BUSINESS INFO HERE](#) so we can figure out what's going on.

B

Scores 10-20

Your sleep habits are... alright. This is often the most challenging place to be when it comes to changing your sleep habits. You aren't desperate and exhausted enough to be motivated to change. But trust me when I say... just a few changes to your daily and nightly routines can take you from doing "alright" to *thriving!*

C

Scores 20-30

You certainly have room for improvement...

and you probably know it. Staying up too late... having that nightly snack and drink... passing out in front of the TV. But here's the good news... you are the one that has the power to make some changes. You don't need to rely on anyone else. And you can start *today*.

D

Scores 30-40

You're just skating by. You're probably exhausted but still functioning. If you want to make a change, no need to be overwhelmed! Pick one sleep habit to change today, another one next week, and so on. Before you know it, you'll be in the A+ zone of sleep!

F

Scores 40+

Yikes! It's no wonder you're having trouble sleeping! You're fighting against your body's circadian rhythms and it's just plain confused. Here's the good news. With a few lifestyle habit changes, you'll be well on your way to sleeping soundly, waking up feeling refreshed, and having your energy back!

Ready to make some changes?



Here are a few tips to get you started down the road to healthy sleep habits!

Only use your bed for sleeping and intimacy. You don't want to confuse your body. You don't want to work in bed, watch TV in bed, or scroll social media in bed, when your head hits the pillow at night, your body doesn't know whether it's time to wake up and respond to emails or to settle down to sleep.

Keep your bedroom dark and cool. In nature, the weather cools off at night. It's a signal to your body that it's time to sleep. Your body temperature also drops when you're sleeping. Just remember - cool is key!

Avoid stimulation before bed. You want to give your mind and body time to relax and get ready for sleep. Instead of scrolling social media, try meditating. Instead of watching Avengers, try reading a book. Instead of fervently creating to-do lists, write in a journal.

Magnesium. Magnesium is essential in regulating melatonin, your "go to sleep" hormone. And half of Americans are deficient in magnesium! You could be one of them. Try a magnesium supplement and see if it helps you get to sleep and stay asleep.

Avoid eating when after dark. That's right. Before modern technologies, you likely wouldn't have been breaking open the tortilla chips after the sun went down. You'd be going to sleep! If you eat after dark, you're signaling to your body that it's still daytime.

No booze before bed. I know you've heard this one. And I know how relaxing a glass of wine can be at the end of the day. But if you're struggling with sleep later in the night, this could be your key to waking up feeling refreshed.

Go to bed at the same time... every night. Be predictable! Believe it or not, your body wants to sleep! It just doesn't know when it's supposed to. Establish a bedtime routine starting about an hour before your targeted sleep time, and your body will get to know your patterns and know when it's supposed to shut down for the day.

Master the light. Get sunlight in the morning and keep it dark in the evening. Work with your body's natural instincts, not against them! Getting sunlight in the morning tells your body and its hormones that the day has begun. Keeping your home dim in the evenings signals to your body that it's evening and that it can start winding down and pump up that melatonin.

Exercise earlier in the day. Exercise can produce cortisol, which isn't always bad. Your body naturally produces cortisol earlier in the day. As the day goes on, it produces less and less cortisol, and it starts to produce more melatonin. If you're exercising later in the day and encouraging your body to make more cortisol, it won't be able to produce as much melatonin... which you need for sleep!

Eliminate stress. Yep. Same as with exercise. Stress = cortisol. Too much cortisol means not enough melatonin. Not enough melatonin means you can't sleep. You won't eliminate stress in a day, but start with little changes of habits. Take the time to take a few deep breaths when you open a stressful email. Go for a walk at lunchtime. Do a yoga class instead of your regular HIIT session. Find something that works for you and stick to it. Your sleep will thank you!

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- How can you help people?
- How can people find out more about you?
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