

## Sleeping habits - quiz

We all need sleep, but do you know how to sleep well, manage insomnia or why sleep is important? Test your knowledge with our quick health quiz and get tips for a good night's rest.

**1. Do you have trouble falling asleep, or do you wake in the night and find it hard to go back to sleep?**

- A. Yes, I hardly ever have a good night's sleep.
- B. No, I sleep really well most of the time.
- C. Sometimes I have bouts of troubled sleep, particularly if I'm stressed or unhappy.

**2. Do you have a regular bedtime, and get up at the same time every day?**

- A. Yes, give or take 30 minutes, but I do have the odd late night.
- B. Mostly, although social events mean that I might stay up half the night reasonably often, and make up for it by sleeping till noon.
- C. Not really, because my lifestyle won't allow it - for example, I'm a new parent, or I work nightshift or rotating shifts, or I frequently travel interstate or overseas.

**3. Do you ever take an afternoon nap?**

- A. I like to have the occasional nap if I'm tired from a late night, or if I'm recovering from an illness.
- B. Often - I'm so tired, I tend to grab a little shut-eye whenever I can.
- C. Very rarely.

**4. What's your sleeping environment like?**

- A. Pretty poor - for example, I work nightshift, so my bedroom is always too bright, too hot and too noisy.
- B. Peaceful - my bedroom is dark, warm and quiet.
- C. It depends - for example, I have noisy neighbours, or I can't control the room temperature and sometimes it's too stuffy or too cold.

**5. Do you smoke cigarettes or drink coffee before bed?**

- A. Yes, I drink coffee and smoke cigarettes late into the evening on most nights.
- B. Yes, I either drink coffee or smoke cigarettes late into the evening on most nights.
- C. No, I don't smoke cigarettes or drink coffee at all, or else I don't smoke cigarettes or drink coffee after dinner-time.

**6. Do you ever drink alcohol to help you sleep?**

- A. No - I don't consider alcohol to be a 'sleeping aid'.
- B. I have once or twice because I was desperate to get to sleep and I couldn't relax.
- C. Yes, I make it a habit to have a few drinks before bed, because I find it relaxes me.

**7. Do you ever take sleeping tablets?**

- A. Yes, I use sleeping tablets reasonably often.
- B. I've taken them a few times.
- C. No, never.

**8. What do you think about when you get into bed at night?**

- A. Nothing at all - I just blank my mind and drift off to sleep.
- B. Trivial things, like what I was just watching on television.
- C. I tend to problem-solve or worry when I get into bed.

Calculate score

Your score is:

**Score 8 to 12:**

You seem to be your own worst enemy when it comes to getting a good night's sleep. It's possible to dramatically improve the quality of your sleep if you commit yourself to making the necessary changes. See your doctor for professional advice, particularly if you take sleeping tablets.

**Score 13 to 18:**

Some of your habits are sabotaging your attempts at getting a good sleep. Now that you've pinpointed the trouble spots, you can make the necessary changes today so that you can reap the benefits tonight.

**Score 19 to 24:**

Well done, it seems that you practice good sleep hygiene habits.

> Check the correct answers.

**This page has been produced in consultation with, and approved by:**

Newcastle Sleep Disorders Centre

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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