

Assess yourself

Are You Sleeping Well?

Read each statement below, then choose True or False according to whether or not it applies to you in the current school term.

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|--|------|-------|--|------|-------|
| 1. I sometimes doze off in my morning classes. | True | False | 5. I often fall asleep while reading or studying. | True | False |
| 2. I sometimes doze off in my last class of the day. | True | False | 6. I often fall asleep at the computer or watching TV. | True | False |
| 3. I go through most of the day feeling tired. | True | False | 7. It usually takes me a long time to fall asleep. | True | False |
| 4. I feel drowsy when I'm a passenger in a bus or car. | True | False | 8. My roommate tells me I snore. | True | False |
| | | | 9. I wake up frequently throughout the night. | True | False |
| | | | 10. I have fallen asleep while driving. | True | False |



If you answer True more than once, you may be sleep deprived. Try the strategies in this chapter for getting more or better quality sleep, but if you still experience sleepiness, see your health care provider.

YOUR PLAN FOR CHANGE

The **Assess yourself** activity gave you the chance to determine whether you are sleep-deprived. Now that you have considered your answers, you can take steps to improve your sleep, starting tonight.

Today, you can:

- Evaluate your behaviors and identify things you're doing that get in the way of a good night's sleep. Develop a plan. What can you do differently starting today?



- Write a list of personal Dos and Don'ts. For instance: Do turn off your cell phone after 11:00 PM. Don't drink anything with caffeine after 3:00 PM.

Within the next 2 weeks, you can:

- Keep a sleep diary, noting not only how many hours of sleep you get each night, but also how you feel and how you function the next day.
- Arrange your room to promote restful sleep. Remember the "cave": Keep it quiet, cool, and dark, and replace any uncomfortable bedding.

- Visit your campus health center and ask for more information about getting a good night's sleep.

By the end of the semester, you can:

- Establish a regular sleep schedule. Get in the habit of going to bed and waking up at the same time, even on weekends.
- Create a ritual, such as stretching, meditation, reading something light, or listening to music, that you follow each night to help your body ease from the activity of the day into restful sleep.
- If you are still having difficulty sleeping and feel you may have a sleep disorder or an underlying health problem disrupting your sleep, contact your health care provider.