

Sleep Well Assessment

To feel good and ready for the day we need to sleep well. For some people that's a solid 7 or 8 hours every night. For others, 5 hours is sufficient to feel ready for whatever the day might bring. Do you sleep well? Take this quick test to find out:

- I get to sleep within 30 minutes of going to bed.
- I spend 85% of my time in bed asleep.
- I only wake once in the night for over 5 minutes.
- If I wake in the night I'm back to sleep within 20 minutes.

If you can answer "Yes" to these four questions, and you feel rested when you wake, you are probably sleeping well. If you answered "No" to any or all of these questions then the next exercise may help you.