

OPTIMAL SLEEP

- 1. I routinely go to bed and awaken at the same time each day Y N**
- 2. I routinely get 8 hours of sleep a night Y N**
- 3. I shut down my screens at least an hour before bedtime Y N**
- 4. I do not use a screen upon awakening Y N**
- 5 I feel rested and refreshed when I wake up Y N**
- 6. I get sun and air every morning Y N**
- 7. I turn down bright lights in the eve Y N**
- 8. My sleep quality is typically good- no problem getting to sleep, staying asleep Y N**
- 9. My body relaxes when I sleep Y N**
- 10. I sleep in a room with out wifi on Y N**
- 11. I do not use prescription or OTC medication to get to sleep Y N**
- 12. I go to bed before 11 pm Y N**
- 13. I do some form of relaxation before bed Y N**