

# Quick Self-Check: Are You Getting Enough Sleep?



Answer YES or NO to each statement:

Answer the following questions to determine how much you know about healthy habits.

**1. I wake up most mornings feeling alert and ready to start the day.**

Yes / NO

**2. I rarely feel the need for caffeine to stay awake in the afternoon**

Yes / NO

**3. I can focus and concentrate well throughout the day without mental fatigue.**

Yes / NO

**4. I don't experience frequent mood swings or irritability.**

Yes / NO

**5. I don't regularly doze off or feel drowsy while reading, watching TV, or in meetings.**

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Yes / NO

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**6. I fall asleep within 15-20 minutes of going to bed.**

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Yes / NO

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**7. I wake up naturally, without relying heavily on an alarm clock.**

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Yes / NO

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## Results:

**YES to 6-7 statements:** Your current sleep duration and quality are likely meeting your needs.

**YES to 4-5 statements:** You may be slightly sleep-deprived—try adding 30-60 minutes of rest and improving your sleep environment.

**YES to 3 or fewer statements:** You may not be getting enough restorative sleep. Consider adjusting your schedule and, if symptoms persist, seek a sleep evaluation.

**Getting enough sleep is essential for maintaining both physical health and mental clarity.**

Prioritizing restful nights can boost your energy, mood, and overall quality of life.