How Sleepy Are You?
Self-Assessment

Check the most appropriate number that reflects your chance of dozing when you are in the following situations.

1. Sitting and reading
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

2. Watching TV
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

3. Sitting inactive in a public place (i.e. theatre or meeting)
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

4. As a passenger in a car for an hour without a break
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

5. Lying down to rest in the afternoon when time allows
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing
6. **Sitting and talking to someone**
0  no chance of dozing
1  slight chance of dozing
2  moderate chance of dozing
3  high chance of dozing
*(Continued on next page)*

7. **Sitting quietly after lunch without consuming alcohol**
0  no chance of dozing
1  slight chance of dozing
2  moderate chance of dozing
3  high chance of dozing

8. **In a car, while stopped for a few minutes in traffic**
0  no chance of dozing
1  slight chance of dozing
2  moderate chance of dozing
3  high chance of dozing

**Total your points for items 1-8:**

**Scoring Guide:**
*If you scored 0-9:* Congratulations you are sleeping within the normal range.
*If you scored 10-24:* You are encouraged to take steps to improve your sleep. Talk with your doctor about seeking treatment with a sleep specialist.

For more resources on Healthy Sleep, visit our webpage: *The Hub > Baystate Healthy > Fitness Nutrition Sleep*