

Sleep Hygiene Index

Report on how frequently you carry out specific behaviors

1 = never, 2 = rarely, 3 = sometimes, 4 = frequently, 5 = always.

	1 never	2 rarely	3 sometimes	4 frequently	5 always
1. I take daytime naps lasting 2 or more hours					
2. I go to bed at different times from day to day					
3. I get out of bed at different times from day to day					
4. I exercise to the point of sweating within 1 hour of going to bed.					
5. I stay in bed longer than I should two or three times a week.					
6. I use alcohol, tobacco, or caffeine within 4 hours of going to bed or after I have gone to bed.					
7. I do something that may "wake me up" (energize) before bedtime (e.g., video games, internet, cleaning...)					
8. I go to bed feeling stressed, angry, upset, or nervous.					
9. I use my bed for more than sleep or sex (e.g., studying, watching tv, reading, or eating)					
10. I sleep on an uncomfortable bed (e.g., poor mattress or pillow, too much or not enough blankets).					
11. I sleep in an uncomfortable room (e.g., too bright, too stuffy, too hot or cold, too noisy...)					
12. I do important work before going to bed (e.g., study, pay bills, work projects, work emails...)					
13. I think (excessively / detail), plan, or worry when I am in bed.					
Total score _____					

Scoring: Total score = 13 to 65

Higher scores are indicative of poor sleep hygiene status.

13 = no sleep hygiene issues

65 = Significant sleep hygiene issues