

## HANDOUT 17-4

### HOW LARGE IS YOUR SLEEP DEBT?

The following questionnaire is designed to determine whether you have a sleep deficit. Answer each question by circling yes or no.

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| 1. Do you usually need a loud alarm clock to wake you up in the morning?   | Yes | No |
| 2. Do you usually hit the snooze control to get a few minutes more of sleep when the alarm goes off in the morning (or simply turn off the alarm and try to catch a bit more sleep)? | Yes | No |
| 3. Do you find that getting out of bed in the morning is usually a struggle?   | Yes | No |
| 4. Do you sometimes sleep through the alarm?   | Yes | No |
| 5. Do you usually find that a single beer, glass of wine, or other alcoholic drink seems to have a noticeable effect on you?   | Yes | No |
| 6. Do you sleep longer on weekends than you normally do during the week?   | Yes | No |
| 7. On vacations and holidays do you sleep longer than you normally do on regular workweeks?  | Yes | No |
| 8. Do you often feel that your “get-up-and-go” has gotten up and gone?   | Yes | No |
| 9. Do you find that it is more difficult to attend to details on routine chores than it used to be?  | Yes | No |
| 10. Do you sometimes fall asleep when you had not intended to?   | Yes | No |
| 11. Do you sometimes find yourself getting very sleepy while you are sitting and reading?  | Yes | No |
| 12. Do you sometimes find yourself getting very sleepy or dozing off when you are watching TV?   | Yes | No |
| 13. When you are a passenger in an airplane, car, bus, or train and the trip lasts over an hour without a break, do you commonly find yourself getting very sleepy or dozing off?    | Yes | No |
| 14. Do you usually feel extremely sleepy or doze off when you are sitting quietly after a large lunch without alcohol?   | Yes | No |
| 15. Do you tend to get sleepy when you are sitting quietly at a public meeting, lecture, or in a theater?  | Yes | No |
| 16. Have you sometimes found yourself getting extremely sleepy with the urge to doze when you drive and are stopped for a few minutes in traffic?                                    | Yes | No |
| 17. Do you drink more than four cups of coffee or tea (containing caffeine) during the day?(Remember to count refills; also count extra large take-out cups as two cups.)            | Yes | No |

To score this test, count the number of times you circled yes.

**Create 5 manageable solutions to help reduce your, or anyones, sleep debt.**