

HANDOUT 17-5

How Good Are My Sleep Strategies?

Please circle T or F for true or false for the following statements.

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|---|---|--|
| T | F | 1. I go to bed at different times during the week and on weekends, depending on my schedule and social life. |
| T | F | 2. I get up at different times during the week and on weekends, depending on my schedule and social life. |
| T | F | 3. My bedroom is warm or often noisy. |
| T | F | 4. I never rotate or flip my mattress. |
| T | F | 5. I drink alcohol within two hours of bedtime. |
| T | F | 6. I have caffeinated coffee, tea, colas, or chocolate after 6 P.M. |
| T | F | 7. I do not exercise on a regular basis. |
| T | F | 8. I smoke. |
| T | F | 9. I regularly take over-the-counter or prescription medication to help me sleep. |
| T | F | 10. When I cannot fall asleep or remain asleep I stay in bed and try harder. |
| T | F | 11. I often read frightening or troubling books or newspaper articles right before bedtime. |
| T | F | 12. I do work or watch the news in bed just before turning out the lights. |

From the questionnaire you just took write your opinion in a well-developed essay as to how effective your sleep strategies are.