

SLEEP WELLNESS DIAGNOSTIC

Introduction

Good-quality sleep is a cornerstone of physical health, emotional well-being, and daily productivity. This brief, 10-question diagnostic will help you gauge your current sleep habits. Simply answer each question with a “Yes” or “No.” At the end, count your “Yes” responses for a total score out of 10. Use the scoring guide to interpret your results and identify next steps for healthier sleep.

The Questions (Answer Yes or No)

- _____ 1. Do you wake up feeling rested most mornings?
- _____ 2. Can you generally fall asleep within 20–30 minutes of going to bed?
- _____ 3. Do you rarely wake up at night and remain awake for long periods?
- _____ 4. Do you usually avoid heavy caffeine intake (coffee, tea, energy drinks) after late afternoon?
- _____ 5. Do you maintain a relatively consistent bedtime and wake-up time?
- _____ 6. Do you get at least 7 hours of sleep on most nights?
- _____ 7. Do you feel alert and energetic through most of your day without needing to nap?
- _____ 8. Do you keep your bedroom cool, dark, and quiet to support sleep?
- _____ 9. Do you avoid using electronic devices (phone, TV, tablet) right before bedtime?
- _____ 10. Do you have a bedtime routine (e.g., reading, gentle stretching, relaxation) that helps you wind down?

Now before tallying up your score, are there any questions that give you a signal on an area to improve to maximise your sleep?

Scoring

Your Score:

Count how many “Yes” answers you have out of 10.
Use the guide below to interpret your total score:

0–3: Room for Significant Improvement

You may be experiencing persistent sleep issues. You might start by establishing a regular bedtime, limiting screen time before bed, and reducing caffeine intake in the evening. If problems persist, consider seeking professional advice.

4–6: Some Challenges

You have partial good habits, but there's clear room to enhance your routine—such as fine-tuning your sleep environment or practicing relaxation techniques before bed. Tweaking these areas can lead to noticeable benefits in how you feel each day.

7–8: Generally Good

You seem to have a solid foundation for healthy sleep. Keep up your current routines, and see if there are any small, targeted changes—like improving bedtime rituals or cutting down on late-day caffeine—that could make your sleep even more restorative.

9–10: Excellent

Your answers suggest strong sleep hygiene and likely consistent, restful sleep. Continue prioritizing these habits, and remain aware of any lifestyle changes that might affect your sleep quality over time.

Next Steps

This assessment is a general guide, not a clinical diagnosis. If you frequently experience issues like insomnia, fatigue, or restless sleep, consider consulting a healthcare professional for personalised help. Otherwise, let your score point you toward practical steps you can take to maintain or improve your sleep—and enjoy the energy and resilience that follow.