

Sleep Problems Screening Quiz

Check the questions that apply to you

		YES
1.	Do you often feel fatigued?	
2.	Do you often feel irritable and annoyed?	
3.	Do you often have difficulty concentrating and focusing?	
4.	Do you often have trouble getting out of bed in the morning?	
5.	Do you experience increased stress and anxiety?	
6.	Do you feel down and depressed often?	
7.	Are you finding it difficult to get to sleep at night?	
8.	Do you need an alarm clock to wake you up in the morning?	
9.	Do you often doze off in public places?	
10.	Do you often make careless mistakes?	
11.	Do you frequently consume caffeine throughout the day and/or the evening?	
12.	Do you frequently consume alcohol throughout the day and/or evening?	

If you checked yes to 5 or more you may be experiencing some of the symptoms of sleep difficulties. Please contact a counsellor and/or physician to discuss how you are feeling and strategies to assist you.