

The Impact of Lifestyle Choices: Improving Sleep Edition

Getting enough sleep is vital for our overall well-being, yet it's often the last thing we do when life gets busy. We live in a world that glorifies sleep deprivation and prioritises productivity over rest. **However, the truth is that adequate sleep is essential for our physical and mental health, as well as our overall quality of life.**



So, let's dive into assessing your current quality of sleep and explore some tips and strategies to improve your sleep habits and get the restful and rejuvenating sleep you deserve.

SELF-ASSESSMENT SCALE FOR SLEEP:

Instructions: Please answer each question to the best of your ability based on your typical sleep habits over the past month. Choose the answer that best reflects your typical behaviour.

How many hours of sleep do you get on average each night?

- a. 7-9 hours
- b. 6 hours
- c. 5 hours or less
- d. Varies significantly from day to day

How long does it typically take you to fall asleep at night?

- a. Less than 15 minutes
- b. 15-30 minutes
- c. 30-60 minutes
- d. More than 60 minutes

How many times do you wake up during the night on average?

- a. Never or once per night
- b. 2-3 times per night
- c. More than 3 times per night

Scoring Scale:

For each question, assign yourself the following points:

Question 1:

- a. 2 points
- b. 1 point
- c. 0 points
- d. 0 points

Question 2:

- a. 2 points
- b. 1 point
- c. 0 points
- d. 0 points

Question 3:

- a. 2 points
- b. 1 point
- c. 0 points

Score Interpretation:

6 points: Excellent. Your sleep habits are generally healthy and provide significant health benefits. **Keep up the good work!**

4-5 points: Good. Your sleep habits are generally healthy, but there is room for improvement. **Consider making minor adjustments to your sleep routine, such as establishing a consistent bedtime or reducing caffeine intake.**

2-3 points: Fair. Your sleep habits are somewhat inadequate, and changes are needed to improve your overall health. **Consider incorporating more healthy sleep habits into your daily routine, such as avoiding electronic devices before bed or creating a relaxing sleep environment.**

0-1 points: Poor. Your sleep habits are inadequate, and significant changes are needed to improve your overall health. **Consider seeking the advice of a healthcare professional or sleep specialist to develop an appropriate sleep plan that meets your individual needs and goals.**

Now that you've got your score for the first section, here's a set of simple questions that will help you assess your sleeping patterns, and sleep hygiene:

Instructions: Please answer the following questions with a simple 'Yes' or 'No', based on your sleep patterns and hygiene habits over the past month. There are no right or wrong answers. The purpose of this assessment is to provide insight into your sleep quality and hygiene habits.

1. **Do you have trouble falling asleep?** _____
2. **Do you often feel tired even after getting sufficient sleep?** _____
3. **Do you feel your mind was racing while you were sleeping?** _____
4. **Do you have poor sleep hours?** _____
5. **Do you frequently have disturbing dreams?** _____
6. **Do you start worrying just before falling asleep?** _____
7. **Do you wake up earlier than you plan to?** _____

Scoring Key:

For questions 1, 3, 4, 6, and 7:

- a. Yes = 1 point
- b. No = 0 points

For questions 2 and 5:

- a. Yes = 0 points
- b. No = 1 point

Interpretation:

0 to 2 points: You have healthy sleep patterns and hygiene habits.

3 to 4 points: You have some concerns with your sleep quality and hygiene habits. Consider evaluating your sleep hygiene habits and consider seeking professional help if necessary.

5 to 7 points: You have significant concerns with your sleep quality and hygiene habits. It is recommended that you seek professional help to address your sleep issues and develop healthy sleep hygiene habits.

Note: This assessment is not intended to diagnose any medical condition or substitute professional medical advice. If you have concerns about your sleep quality, please consult with your healthcare provider.



TIPS AND STRATEGIES TO IMPROVE YOUR SLEEP ROUTINE::



- **Establish a consistent sleep schedule:** Go to bed and wake up at the same time every day, even on weekends or during vacations. If you have trouble sleeping at night, avoid napping during the day, as this can disrupt your sleep cycle.

- **Create a relaxing bedtime routine:** Engage in calming activities such as reading, taking a warm bath, or listening to soft music to help you wind down before bed. Think of your bedroom as your sanctuary, and consider incorporating aromatherapy to promote relaxation. Avoid using phones, computers, or televisions at least one hour before bed.



- **Manage stress by engaging in relaxation techniques:** Start by implementing exercise or deep breathing techniques to calm your mind and body. Additionally, listening to delta wave or binaural sounds can help soothe the mind and promote deep relaxation.

- **Avoid large meals before bedtime:** Avoid eating junk food just before bed, as this can disrupt your sleep patterns. Instead, focus on consuming foods that are rich in tryptophan, an amino acid that promotes sleep. Choose foods with a low Glycaemic Index, as they can help regulate blood sugar levels and improve sleep quality. Caffeine and alcohol can disrupt your sleep, so limit your intake, especially in the evening.



- **Seek professional help if necessary:** If you have persistent difficulty sleeping, seek help from a healthcare professional or sleep specialist to identify and treat any underlying sleep disorders.

Make sleep a priority, and watch your health and happiness soar!

If you or someone you know is looking to seek professional help, reach out to us at **The Mood Space**, <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.