

Weekly Sleep Quality Assessment

Tracking your sleep patterns can help you understand what's working and what needs improvement. This Weekly Sleep Quality Assessment allows you to rate different aspects of your sleep. By reviewing your scores each week, you can identify trends, measure the impact of changes to your sleep habits, and make informed adjustments to improve your overall sleep quality. Small tweaks to your routine can lead to big improvements over time!

How to Use This Assessment

- Rate each factor on a scale of 1 to 5 (1 = Poor, 5 = Excellent).
- Track your scores weekly to identify patterns and improvements.
- Compare changes after adjusting sleep habits, such as improving your bedtime routine or reducing screen time.
- Use the insights to fine-tune your sleep hygiene for better long-term results.

This structured approach helps measure sleep progress and highlights areas needing improvement for more restorative sleep.

Overall Sleep Quality - How well-rested and refreshed do you feel upon waking?	1	2	3	4	5
Ease of Falling Asleep - How easily do you drift off to sleep after getting into bed?	1	2	3	4	5
Nighttime Awakenings - Do you often wake up during the night? (Rate lower if frequent and disruptive)	1	2	3	4	5
Ease of Falling Back Asleep - If you wake up at night, how easily do you return to sleep?	1	2	3	4	5
Time Taken to Fall Asleep - Did you fall asleep within a reasonable time (ideally under 20 minutes)?	1	2	3	4	5
Sleep Duration - Did you get the recommended 7-9 hours of sleep?	1	2	3	4	5
Sleep Consistency - Did you go to bed and wake up at the same time each day?	1	2	3	4	5
Morning Alertness - How awake and alert do you feel within the first hour of waking?	1	2	3	4	5
Daytime Energy Levels - Did you feel energized and focused throughout the day?	1	2	3	4	5
Mood Upon Waking - Did you wake up feeling positive, neutral, or irritable?	1	2	3	4	5
Nighttime Relaxation Routine - Did you engage in a relaxing wind-down routine before bed?	1	2	3	4	5
Screen Time Before Bed - How well did you minimize blue light exposure before sleep?	1	2	3	4	5
Caffeine & Alcohol Intake - Did your consumption of caffeine or alcohol negatively impact your sleep?	1	2	3	4	5
Stress and Anxiety Levels Before Bed - How calm and relaxed did you feel before sleep?	1	2	3	4	5
Bedroom Environment (Light, Noise, Temperature, Comfort) - Was your sleep environment conducive to rest?	1	2	3	4	5