

# Sleep Health Quiz



Complete this quick checklist to identify whether you'd benefit from sleep support. Do you:

- Wake up feeling tired or unrefreshed? ☐
- Struggle to fall asleep or stay asleep through the night? ☐
- Feel frustrated or anxious by not being able to get restful sleep? ☐
- Find it hard to concentrate or stay alert during the day? ☐
- Find it hard to stay motivated, energetic or productive? ☐
- Notice your sleep is affecting relationships with loved ones? ☐
- Rely on medication or substances to manage your sleep? ☐
- Struggle to feel confident and in control of your sleep? ☐
- Want better sleep but aren't sure where to start? ☐



**If you answered "Yes" to 3 or more:**

You may be experiencing common signs of sleep disturbance.

**The good news? Your sleep can improve – and with it, so can your energy, focus and overall wellbeing.**

There are practical, evidence-based ways to support better sleep. Book a consult for tailored guidance and support to achieve your sleep and wellbeing goals.