

## SLEEP QUESTIONNAIRE

Cornell University Psychologist James Maas reports that most students suffer the consequences of sleeping less than they should. To see if you're in that group, answer the following TRUE or FALSE questionnaire.

TRUE	FALSE	STATEMENT
		1. I need an alarm clock to wake up in the morning.
		2. It's a struggle for me to get out of bed in the morning.
		3. Weekday mornings I hit the snooze button several times to get more sleep.
		4. I feel tired, irritable, and stressed out during the week.
		5. I have trouble concentrating and remembering.
		6. I feel slow with critical thinking, problem solving, and being creative.
		7. I often fall asleep watching TV.
		8. I often fall asleep in boring meetings or lectures or in warm rooms.
		9. I often fall asleep after heavy meals.
		10. I often fall asleep while relaxing after dinner.
		11. I often fall asleep within five minutes of getting to bed.
		12. I often feel drowsy while driving.
		13. I often sleep extra hours on weekend mornings.
		14. I often need to nap to get through the day.
		15. I have dark circles around my eyes.

**If you answered True to 3 or more of the statements then you are sleeping less than you should!**