

Sleep Symptoms Assessment

Rate each symptom on a scale of 1 to 5:	Never 1	Rarely 2	Sometimes 3	Often 4	Always 5
I struggle to fall asleep.					
I wake up frequently during the night.					
I wake up too early and can't go back to sleep.					
I wake up sweating or feeling overheated.					
I wake up during the night feeling bloated or with acid reflux.					
I experience frequent nightmares.					
I have vivid dreams that feel emotionally intense or draining.					
I have muscle stiffness, pain, or discomfort that disrupts my sleep.					
I wake up feeling unrefreshed.					
I wake up feeling tense, as if my body hasn't fully rested.					
I feel tired or fatigued during the day.					
I have trouble concentrating.					
I struggle to maintain focus or motivation.					
I feel emotionally overwhelmed or irritable due to poor sleep.					
I feel anxious or stressed about sleep.					
Other symptom not listed					
Total					

Scoring & Reflection:
Mostly 1-2s: You have a healthy sleep balance. A few small adjustments might help improve it even more.
Mostly 3s: There are some moderate sleep issues. Making a few changes could lead to better sleep.
Mostly 4-5s: You might have significant sleep imbalances. Taking some time to deeply focus on improving your sleep habits could be very beneficial.

Next Steps: Repeat the assessment at the end of your review period to measure improvements.