

Difficulty with sleep is one of the top five health reasons why students say they have received a lower grade on an exam or major project. Find out if you are sleep deprived by answering the following questions.

- 1) On the average, about how many hours of sleep do you get per night?
 7-9 hrs (4) 6-6.9 hrs (3) 5-5.9 (2) <5 or >9 (1)
- 2) Do you have difficulty getting up in the morning?
 Never (4) Rarely (3) Sometimes (2) Always (1)
- 3) Do you fall asleep easily during the day?
 Never (4) Rarely (3) Sometimes (2) Always (1)
- 4) Do you have difficulty concentrating, being productive, and completing tasks at work or at school?
 Never (4) Rarely (3) Sometimes (2) Always (1)
- 5) Have you ever arrived home in your car but couldn't remember the trip from school?
 Never (4) Rarely (3) Sometimes (2) Always (1)
- 6) Do you have serious relationship problems at home, with friends and relatives, at school or work?
 Never (4) Rarely (3) Sometimes (2) Always (1)
- 7) Are you irritable and angry, especially first thing in the morning?
 Never (4) Rarely (3) Sometimes (2) Always (1)
- 8) Do you snore?
 No (3) I don't know (2) Yes (1)
- 9) Do you work?
 N/A (4) Temporarily (3) Part time (2) Full time (1)
- 10) Are you restless during sleep, tossing and turning from one side to another?
 Never (4) Rarely (3) Sometimes (2) Always (1)
- 11) Do you have children?
 No (2) Yes (1)
- 12) Do you go to school?
 N/A (3) Part time (2) Full time (1)
- 13) On the average how many days in a week do you get enough sleep so that you felt rested when you woke up in the morning?
 7 days (8) 6 days (7) 5 days(6) 4 days (5) 3 days (4) 2 days (3) 1 day (2) 0 days (1)

Scoring: 13 through 30 points = sleep deprived
 31 through 36 points = moderately sleep deprived
 37 through 44 points = adequate sleep
 45 through 52 points = optimal sleep

(Cont. on Back)



Information Related to the Questions

- 1) The average adult needs 8-9 hours of sleep each night, but most Americans get only 7.
 - ◆ About 1/3 of Americans get 6 hours of sleep or less during the work week.
 - ◆ If a person does not get enough sleep, then “sleep debt” starts to build up and continues to increase until enough sleep is obtained. If too much sleep has been lost during the week, sleeping in on the weekends will not completely reverse the effects of not getting enough sleep.
 - ◆ What we learn in classes does not get downloaded into our brains until we go through all the stages of Rapid Eye Movement (REM) sleep. This usually requires at least 7 hours of continuous sleep.

- 2) Difficulty getting up in the morning may indicate that you are not getting enough sleep, or getting too much sleep. When you are getting enough sleep, the body regulates itself by waking up in the morning without difficulties. Your “internal clock” works correctly when getting enough sleep, and therefore you should not need an alarm clock to get up in the morning.

- 3) In a survey of 1,027 adults, more than 1/3 were so sleepy during the day that it interfered with their daily activities. These people are more likely to struggle to stay awake when inactive, such as reading or watching television. “Boredom doesn’t cause sleepiness, it merely unmasks it” -Sleep Deprivation Foundation.

- 4) When we are short on sleep we become less efficient, and our work or studies are done poorly.
 - ◆ Performance problems at work or at school also occur with less sleep.
 - ◆ Those who accumulate a large sleep debt also experience lapses of attention, and reduced short-term memory capacity.

- 5) The National Highway Traffic Safety Administration estimated that drowsy drivers are responsible for 100,000 crashes, 1,500 vehicular deaths, and 71,000 injuries each year.
 - ◆ 31% of fatal to the driver crashes were attributed to sleeping on the road.
 - ◆ Driving drowsy can be fatal because it causes slowed responses and impaired judgment.

- 6) When we are short of sleep we become more irritable, we have difficulty controlling our emotions, and our relationships may suffer.

- 7) Lack of sleep can lead to irritability, which can affect work, school, and personal relationships.

- 8 and 9) People most likely to be sleepy during the day are those who work full time, those who snore, and those with a history of major depression.
 - ◆ People who snore are more likely to develop **sleep apnea**: a sleeping disorder in which a person’s sleep is repeatedly disturbed by snoring, gasping efforts to breathe, and by choking that halts breathing. As a result, these people feel really tired and unaware of their daytime sleepiness.

- 10) Restless sleep can be a cause for daytime sleepiness. If restlessness causes a major problem in initiating and maintaining sleep, then one might develop insomnia.
 - ◆ The most common cause of insomnia is a big change in daily routine. (Starting a new job, moving into a new home, etc.) Other causes are illnesses that cause pain, shortness of breathing, and depression or anxiety.

- 11) If you have children you are more likely to not get enough sleep. This may cause anxiety and stress that could lead to daytime sleepiness.

- 12) Late night studying and cramming for exams can contribute to sleep deficit and is actually detrimental to academic performance.