

# Body-Mind Nutrition Program

## Sleep Questionnaire

1. Do you experience difficulty falling asleep? Y / N
2. Does your mind race when you are trying to go to sleep? Y / N
3. Does it take you more than 20 minutes to fall asleep once the lights are off? Y / N
4. Do you experience a “second wind” (increased energy) at night? Y / N
5. Do you have difficulty staying asleep? Y / N
6. Do you wake up more than once a night? Y / N  
If yes, how many times (on average)? \_\_\_\_\_
7. Do you have difficulty getting back to sleep when awakened? Y / N
8. Do you frequently awaken at the same time each night? Y / N  
If yes, what time? \_\_\_\_\_
9. Do you experience “restless legs” when trying to sleep? Y / N
10. Do you recall your dreams? Y / N  
If yes, are they frightful dreams? \_\_\_\_\_
11. Do you sleep/nap during the day? Y / N
12. Do you have vivid or disturbing nightmares? Y / N
13. Do you feel groggy or sleepy when you wake up? Y / N
14. Do you work the “third shift” (work nights/sleep days)? Y / N
15. Are you depressed when the weather is overcast or cloudy? Y / N
16. Are you taking any sleeping aids (natural or prescription)? Y / N
17. Do you snore? Y / N
18. Do you have, or have you ever been diagnosed with sleep apnea? Y / N
19. Do you drink caffeinated drinks, or take stimulants/medications? Y / N
20. Do you have children or pets that sleep in your room or bed? Y / N
21. Do you exercise late in the day or at night? Y / N
22. Do you eat carbohydrate snacks (cookies, ice cream, etc.) before bed? Y / N
23. Do you eat anything between dinner and bedtime? Y / N
24. Do you drink any alcohol at night? Y / N
25. Do you have sinus problems, allergies, or asthma that gets worse at night? Y / N
26. Does your sleep partner snore or keep you awake due to restlessness? Y / N
27. Have you ever had a concussion or black out due to head trauma? Y / N

### Females

28. Is your insomnia related to your menstrual cycle? Y / N
29. Are you pre-, peri-, or post menopausal? (circle one)
30. Have you had a hysterectomy? Y / N

\*adapted from ARK