
Bedtime Questions

1. Has today been unusual in any respect?
2. How much sleep did you have last night?
3. Do you feel this was adequate?
4. Did you nap today? If yes, when and how long?
5. At what time did you last eat?
6. Did you take any medications other than those on your list?
7. Did you use any alcohol today?
8. When did you last take a medication to help you get to sleep?
9. What was it?
10. Do you feel ready for bed right now?
11. Chose the statement that best describes the way you feel:
 - feeling active and alert
 - wide awake
 - relaxed, awake, not at full alertness
 - foggy, beginning to lose interest in staying awake
 - prefer to be lying down, fighting sleep

Comment:

