
Morning Questions

1. How long did it take you to fall asleep?
2. How does this compare with the length of time it usually takes?
3. How long do you think you slept last night?
4. How does this compare to the usual length of time you sleep?
5. How many times do you remember waking up last night?
6. How do you feel right now?
Very tired & sleepy: awake but not alert; rested; alert & wide awake.
7. Do you have any physical complaints this morning?
8. Do you remember any dreams from last night?
9. What awakened you this morning?
10. In general, how would you say your sleep last night compared with your usual sleep at home?

Comments:

