



## Sleep quiz

Want to find out how you fare as far as cortisol, stress, and health are concerned? Take this short quiz.

Please "circle" yes or no in response to the following:

1. Do you sleep less than 9 hours per night? Yes No
2. Do you have problems falling asleep or staying asleep? Yes No
3. Do you get a second wind in the evening and really only feel awake about the time you should go to bed? Yes No
4. Do you wake up more exhausted than when you went to bed? Yes No
5. Are you tired and achy all the time? Yes No
6. Do you suffer frequent upper-respiratory or sinus infections? Yes No
7. Do you work out to exhaustion and do you crave the "boost" exercise provides? Yes No
8. Do you live and die by stimulants such as coffee? Yes No
9. Have you gained fat in your midsection, despite watching your food intake? Yes No
10. Have you experienced memory problems? Yes No
11. Do you have problems with depression or seasonal affective disorder?  
Yes No
12. Do you have low libido or are you too tired for sex? Yes No

*If you answered YES to more questions than not, you may have elevated cortisol levels due to circadian rhythm dysregulation. Lack of sleep may be contributing to this. Make sleep a priority.*