

How well do you sleep?

Difficulty sleeping (insomnia) is a recognised medical condition. By answering the questions below, your healthcare professional will understand more about how insomnia affects you, and can help you to manage it.

Insomnia
conversation
starter

What sort of sleep problems do you have? (circle all pictures that apply)



Trouble falling asleep¹



Difficulty remaining asleep¹



Waking up too early¹



Feeling tired and irritable during the day¹

How often do you have sleep problems?



Sometimes
(2 to 3 times a month)



Often
(once a week)



Regularly
(at least 3 or more times a week¹)

Circle how many hours of sleep you get per night on average



How long have your sleep problems been going on?



Less than 3 months



3 months or longer¹

What do you struggle with during the day because of your sleep problems? (circle all pictures that apply)



Working/
studying^{3,4,5}



Exercising



Being sociable⁵



Caring for myself/
my family⁵



Daily tasks



Memory/
concentration³

Circle how your sleep makes you feel



Circle how often you and other people notice your mood is affected by your sleep problems

Never

Sometimes

A lot

What have you tried to improve your sleep? (select all that apply)



Healthy sleep habits, e.g. limiting caffeine⁶



Meditation/breathing exercises⁷



Non-prescription treatments⁸



Prescription medicine^{8,9}



Cognitive behavioural therapy for insomnia (CBT-I)²

References:

1. APA. DSM-5. Arlington, VA: American Psychiatric Publishing, 2013.; 2. Qaseem A, et al. ACP. 2016; 125:16-16.; 3. Medic G, et al. Nat Sci Sleep. 2017; 9: 151-161.; 4. Ustinov Y, et al. Sleep Med. 2010; 11(1): 65-68.; 5. Kyle SD, et al. Behav Sleep Med. 2010; 8(3): 123-140.; 6. IOM (US) CMNR. Pharmacology of caffeine. 2001. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK223808/>. Last accessed December 2025.; 7. Ong JC, et al. Sleep. 2014; 37(9): 1553-1563.; 8. Lie JD, et al. P T. 2015; 40(11): 759-768, 771.; 9. Cardinali DP, et al. J Pineal Res. 2012; 52(4): 365-375.