





How well do you sleep?

Insomnia conversation starter

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.

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

-  Trouble falling asleep
-  Difficulty remaining asleep
-  Waking up too early
-  Feeling tired and irritable during the day

How often do you have sleep problems?

- Sometimes (2 to 3 times a month)
- Often (once a week)
- Regularly (3 or more times a week)







How many hours of sleep do you get per night on average?



How long have your sleep problems been going on?

- Less than 3 months
- More than 3 months

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

-  Working/studying
-  Exercising
-  Being sociable
-  Caring for myself/my family
-  Daily tasks
-  Memory/concentration

How often do other people notice your mood is affected by your sleep problems?

- Never
- Sometimes
- A lot

How does your sleep make you feel?

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

- Healthy sleep habits, e.g. limiting caffeine
- Meditation/breathing exercises
- Pharmacy treatments
- Prescription medicine
- Cognitive behavioural therapy for insomnia (CBT-I)