

Sleep Hygiene Index

<i>Number</i>	<i>Question</i>	<i>always</i>	<i>frequently</i>	<i>sometimes</i>	<i>rarely</i>	<i>never</i>
1	You take daytime naps lasting two or more hours too close to bedtime					
2	You go to bed at different times from day to day					
3	You get out of bed at different times from day to day					
4	You exercise to the point of sweating within 1 h of going to bed					
5	You stay in bed longer than you should two or three times a week					
6	You use alcohol, tobacco, or caffeine within 4 h of going to bed or after going to bed					
7	You do something that may wake you before bedtime (for example: play video games, use the internet, watch TV)					
8	You go to bed feeling stressed, angry, upset, or nervous					
9	You use their bed for things other than sleeping (for example: watch television, eat)					
10	You sleep on an uncomfortable bed (for example: poor mattress or pillow, too much or not enough blankets)					
11	You sleep in an uncomfortable bedroom (for example: too bright, too stuffy, too hot, too cold, or too noisy)					
12	You do important work before bedtime (for example, scheduling, or study)					
13	You think, plan, or worry when in bed					

Mastin, D. F., Bryson, J., & Corwyn, R. (2006). Assessment of sleep hygiene using the Sleep Hygiene Index. *Journal of behavioral medicine, 29*(3), 223-227