

What's Your Humble Sleep Score?

Your Humble Sleep score can help you track and improve your sleep by scaling your sleep skills and quality over the last week from 1-5. (1 Never, 2 Rarely, 3 sometimes, 4 often, 5 always). Add up your totals using the table below.

Sleep skills: Over the last week how often did you mostly manage to get... ?	1	2	3	4	5
1. A regular wake up time (awoke at the same time +/- 30 mins)					
2. A regular walk out time (got outside within 90 mins of waking)					
3. A regular wind down time (switch off screens & work brain 90 min pre bed)					
4. A regular bed time (got to bed eyes closed at the same time +/- 30 mins)					
5. Your light right (bright in the day and dark at night, ideally natural light too)					
6. Energise with periods of rest (pause) & exercise (>3 min out of puff) in the day					
7. Drank water (no caffeine afternoon, avoid alcohol, last meal 3hr pre bed)					
8. Cooled down pre bed (bedroom was cool, dark, quiet and calm at night)					
9. Soothed & unwind pre bed (e.g. chat, music, read, bathe, journal, yoga, pray)					
10. Slept in a safe space (bed was just for sleep & snuggles, no stress or screens). If I awoke > 20 min I went to a separate sanctuary (e.g chair) to relax.					
Sleep experience : Over the last week how often did you feel positive about... ?					
11. I got to sleep easily (within 20 mins)					
12. I stayed asleep easily (only waking up a few times for less than 20 minutes)					
13. I managed to feel relaxed overnight even if I awoke					
14. I managed to get up at the right time for me (not too early or late)					
15. I felt satisfied with my sleep (got enough, woke fresh & not distressed by dreams)					
16. I felt able to function in the day (mood, memory, focus, creativity, energy)					
17. I felt others wouldn't be worried about my sleep. (e.g. tiptoeing around me)					
18. I felt easy about my sleep (if a car alarm woke me at night it would be ok)					
19. I don't need drugs to get me going or wind down (caffeine, alcohol, screens)					
20. I felt balance (my sleep supports me & does not take over my whole life)					
Add up your running scores in the grey boxes. Then Total here =					