



1. How did you sleep last night?
2. How long did it take you to fall asleep last night? Is this usual for you?
3. Did you wake up in the night? How many times? How long did it take you to fall back asleep?
4. How did you feel when you woke up in the morning? Well rested? Tired?
5. How does your body feel?
6. Do you feel focused? Can you concentrate? Are you relaxed? Agitated?
- 7.