

Your Personal Sleep Evaluation

This is a printable version of the personal evaluation test from the main "[Powerful Sleep](#)" e-book. Print it out, fill it out, and use it to track your progress and review what you've learned in this program.

Your Basic Bio-Rhythm Evaluation

Your first step is to evaluate your body temperature rhythm, or circadian rhythm. In the appendix section of this e-book you will find a method to do is precisely by doing a little body temperature experiment. Print out the graph in the appendix section labeled "My Body Temperature Rhythm" and follow the instructions.

However, if you do not want to go to the extent of doing the personal body temperature experiment, you can simply estimate the progress of your body temperature by answering the following questions:

1. At what time do you wake up? _____

2. Do you feel really drowsy in the early hours of the morning? If so, how long does it take for this drowsy feeling to go away? _____

3. At what point during the day do you feel the pressure to sleep or take a nap?

Note: This is most likely the time at which you experience your regular body temperature "slump." This is most likely sometime in the afternoon.

4. At what point of the day do you feel MOST energetic, alert, awake, and "on the go!"?

5. At what time during the day do you start to feel tired and drowsy?

6. At what time during the day do you feel the pressure to sleep most intense?

This should give you an ideal estimate of what your current temperature body rhythm looks like. You should know when your body temperature rises and when it falls, this way as you apply the methods in this e-book to optimize your sleep, you will be able to notice the changes. Here is an explanation on how to use the answers from the above questions to determine your body temperature rhythm

1. If you feel need an alarm clock to RIP you out of your sleep in the morning and you have difficulties getting out of bed and feel lethargic in the early morning hours, chances

are your body temperature levels are still at a low and haven't begun to rise very quickly.

2. By the time you're feeling more alert and awake, your body temperature has risen past the low it was in while sleeping.

3. When you feel the pressure to sleep or take a nap during the day, this is when you experience your body temperature slump.

4. The point at which you feel most energetic and alert is your body temperature peak point.

5. The point at which you begin to feel drowsy and tired is when your body temperature begins to fall.

6. When you feel the pressure to sleep becoming really intense, this is when your body temperature is beginning to fall quickly. This is the ideal time to go to bed.

Here again, for your reference is the body temperature rhythm graph (*this is the general shape your body temperature rhythm usually takes*)

Circadian Rhythm (Body-Temperature Cycle)



Your Sunlight Intensity Exposure Evaluation

As you've learned so far, high intensity light has a huge effect on the strength of your sleeping system. If you expose yourself to light during the day, your body temperature rhythm will "peak" at a higher point and will fall at a later point. You'll experience better sleep and will be able to lower your amount of sleep.

If you get inadequate light exposure your body temperature will be closer to "flat-lining", preventing quality sleep and lowering your energy levels throughout the day. Lack of sunlight also inhibits melatonin hormone secretion, this further promotes lower energy levels and sleep difficulties.

1. When you're outside, do you wear sunglasses?

Circle One: Yes / No

Note: You should limit your use of sunglasses in the morning and evening. If you live near the equator wearing sunglasses in the mid afternoon IS a good idea to protect your eyes from UV radiation. Limit your use of sunglasses as much as possible, and as much as feels comfortable. UV radiation is lowest at sun-rise and sun-set.

2. When you wake up do you instantly get sun-light into your eyes?

Note: If you press the snooze button on your alarm or lay in bed for a few minutes, circle "No."

Circle One: Yes / No

3. On average, how much time do you spend outside at sunrise / Early Morning Hours?

Check one:

- 1. 10 minutes
- 2. 10-30 minutes
- 3. 1 hour
- 4. 2 hours
- 5. 3 hours or more

4. On average, how much time do you spend in-doors?

Check one:

- 1. 10 minutes
- 2. 10-30 minutes
- 3. 1 hour
- 4. 2 hours
- 5. 3 hours
- 6. 4-5 hours
- 7. 5-7 hours
- 8. 7-10 hours
- 9. 10-13 hours
- 10. 13-16 hours

5. On average, how much time do you spend outside from 12 PM to 6PM?

Check one:

- 1. 10 minutes
- 2. 10-30 minutes
- 3. 1 hour
- 4. 2 hours
- 5. 3 hours or more

6. On average, how much time do you spend outside around Sunset?

Check one:

- 1. 10 minutes
- 2. 10-30 minutes
- 3. 1 hour
- 4. 2 hours
- 5. 3 hours or more

Understanding Light Exposure

Indoors, we experience an average of 1-500 luxes of light.

At sunrise, we experience an average of 5,000 to 10,000 luxes of light.

During noon and the early afternoon we experience an average of 50,000 to 100,000 luxes of light.

At sun-set we experience 5,000 to 10,000 luxes of light.

If you currently spend less than 1 hour getting high-intensity light, you're suffering from light deprivation! Remember, for your eyes spending the day in-doors is the equivalent of spending it in total darkness. The more "darkness" you expose yourself to during the day, the poorer the sleep you'll receive in return.

Now that you have an idea of how much light you get, make plans to get as much sunlight during the day as possible. However, don't go out hard-core and try to get 16 hours of sunlight in one day, you're going to get sunburn! Use your common sense.

If you live near the equator then light is pretty intense all year round, and you shouldn't have problems. However, if you live further from the equator then it will naturally be more difficult for you to obtain light during the winter. *This is why most people are lower on energy and usually sleep longer during the winter.*

If you have difficulty obtaining natural sunlight because of your work schedule or because of the winter season, you may consider purchasing an artificial light generator.

Are You Currently Strengthening Your Sleep System or Are You Weakening it?

The rest of these questions will help you determine if you're currently following sleep system strengthening habits or not. By the end of filling out this sheet you should have a general idea of obvious areas you can improve on! Make sure to look over this e-book again and re-learn the key concepts of optimizing your sleep.

1. Do you smoke?

Circle One: Yes / No

Note: If you smoke, quitting smoking would be the first step if you want to achieve quality sleep and reduce your sleeping time.

2. How often do you drink alcohol?

Check one;

- 1. Never
- 2. Rarely, and on occasion
- 3. On most occasions
- 4. Very Frequently.

Note: If you chose 3 or 4, your alcohol intake is definitely affecting your sleep system.

3. Do you currently drink coffee?

Circle One: Yes / No

Recall: Coffee is one of the biggest enemies of our sleep system!

4. Do you drink any other caffeinated beverages?

Circle One: Yes / No

5. Do you currently eat heavy meals 3-4 hours prior to sleeping?

Circle One: Yes / No

6. How much water do you drink during the day?

You should be drinking AT LEAST 1.5 Liters of water per day! (8 cups or more)

Check one:

- 1. None, I drink pop, juice, and other crap all day

- 2. 1 cup
- 3. 2 cups
- 4. 3-4 cups
- 5. 4-6 cups
- 6. 8-10 cups
- 7. 10 cups or more

7. Do you need an alarm clock to wake you up? If so, do you often press the snooze button and lay in bed for a while after waking up?

Circle One: Yes / No

8. What sleeping position do you sleep in most often? What position is most comfortable in putting you to sleep?

Check one:

- 1. On my back
- 2. On my side
- 3. One my front

**9. During the Weekend, do you “sleep-in” or follow an irregular sleeping pattern?
*Com'on... Be Honest :o)***

Circle One: Yes / No

10. Do you currently or have you ever taken sleeping pills to induce sleep?

Circle One: Yes / No

11. Do you exercise regularly?

Circle One: Yes / No

If so, what time do you usually exercise at?

Check one:

- 1. In the morning
- 2. In the afternoon
- 3. Early evening
- 4. Late evening

Note: Exercising in the late evening can cause insomnia and will prevent you from

sleeping deeply as your body temperature will not drop as low. However, if it is only light exercise then this isn't something to worry about.

12. Do you Currently have a Regular Sleep and Wake Time?

Circle One: Yes / No

13. What time do you currently go to sleep at? _____

14. What time do you currently wake up? _____

15. On average, how much sleep do you currently get per night? _____ hours

If you currently don't have any sleeping problems, skip the next 2 questions

16. How long does it take you to fall asleep? _____

17. Do you frequently wake up during the night and can't go back to sleep?

If so, how often do you wake up? _____

How long does it take for you to fall back asleep once you wake up? _____

18. On a scale of 1 to 10, how would you rate the quality of your sleep?

Circle one. 1 2 3 4 5 6 7 8 9 10

19. On a scale of 1 to 10, how rested and energized do you feel when you wake up?

Circle one. 1 2 3 4 5 6 7 8 9 10

20. On a scale of 1 to 10, how energetic do you feel every day?

Circle one. 1 2 3 4 5 6 7 8 9 10

21. On a scale of 1 to 10, how much stress do you have in your life? Health / Finances / Social Life, etc.

Circle one. 1 2 3 4 5 6 7 8 9 10

22. Do you currently take regular naps? If so, how long do these naps usually last?

Check one:

1. Around 10 minutes

- 2. 10-45 minutes
- 3. Around 1 hour
- 4. 1-2 hours
- 5. More than 2 hours

Note: as you remember, you should keep your naps minimal, at a maximum of 45 minutes to avoid entering deep sleep and lowering your body temperature.

23. How long do you currently stay awake during the day? _____
If you take naps, this counts as sleeping, so subtract the time you spend napping away from your total awake time.

24. Do you currently do any of the following?

Check all that apply to you:

- 1. Use your bedroom as an office
- 2. Watch TV in your bed during the day or before sleeping
- 3. Read books in your bed during the day or before sleeping
- 4. Talk on the phone while in bed or lying on the bed
- 5. Use the bed to do lots of thinking
- 6. Use your bed to do paper work.
- 7. Use your bed as a storage area during the daytime

Note: You should use your bed only for sleeping and sex. This will create a good association in your mind that the bed = sleep; decrease the amount of time it takes for you to fall asleep, and the chance of insomnia.