Sleepiness Checklist - Are you getting enough sleep?

If you recognise any of these you may be suffering from sleep deprivation. Do you..

Find it difficult to wake up in the morning or sleep through the alarm? ☐	Sometimes feel very down, or very anxious or stressed and unable to cope? ☐	Often feel tired or lethargic during the day? ☐
Find that you are bad tempered, cross and feel more angry during the afternoon? ☐	Sometimes feel emotional or start crying for no reason? ☐	Find that your hand/eye coordination is not very good? ☐
Fall asleep spontaneously if you are sitting quietly? ☐	Find it difficult to concentrate or focus at college or work? ☐	Find that you are accident prone, tripping over a lot or dropping things? ☐
Sleep much longer at the weekend compared to weeknights? ☐	Use your mobile phone or play computer games after you've gone to bed? ☐	Find it difficult sometimes to control your behaviour, take unnecessary risks and do silly things? ☐

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