

# Discussion About Sleep

## 1. Your Bedroom

- a. Do you prefer to sleep in a cool, medium, or warm room?
- b. Do you play music while you sleep?
- c. Do you play sounds while you sleep?
- d. Do you use special fragrances while you sleep?

## 2. Your Bed

- a. Size: Twin, Double/Full, Queen, King
- b. Do you sleep with a partner?
- c. Do you prefer a soft, medium, or firm mattress?
- d. Is your bed adjustable? If so, do you use this feature?
- e. Does your bed vibrate? If so, do you use this feature?
- f. Do you use a foam “topper” over your mattress?
- g. Do you prefer to sleep with a light, medium, or heavy blanket?

## 3. Your Pillow

- a. Do you prefer a low, medium, or high pillow?
- b. Do you prefer a soft, medium, or firm pillow?

## 4. Bedtime and Wakeup Time

- a. Do you have a standard or typical bedtime?
- b. Do you have a standard or typical wake-up time in the morning?

## 5. Sleep Position

- a. What is your primary sleep position: right-side, left-side, stomach, back?
- b. What is your secondary sleep position: right-side, left-side, stomach, back?

## 6. Falling Asleep

- a. Do you have trouble falling asleep?
- b. How long does it take you to fall asleep?

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## 7. Staying Asleep

- a. Do you sleep through the night? If not, how many times do you wake up?
- b. Do you mostly wake up to use the bathroom? If so, do you fall back asleep quickly?
- c. How long are you usually awake?

## 8. CPAP Machines and Sleep Apnea

- a. Have you ever used or do you currently use a CPAP machine? If so, did it help your sleep?
- b. Have you ever participated in a “sleep study” in a lab or at home? If so, what were the results? Average number of instances of apnea each hour?
- c. Do you use a watch or other device to track your sleep?

## 9. Waking Up

- a. How long does it take you to wake up?
- b. Do you wake up refreshed?

## 10. Naps

- a. Do you take a nap or naps during the day?
- b. If so, how long are your naps?

## 11. Sleep Aides

- a. Do you use any special breathing exercises to help you fall asleep?
- b. Do you take Melatonin at night to help you sleep?
- c. Do you take Valarian Root at night to help you sleep?
- d. Do you take prescribed medication to fall asleep?
- e. Do you have any special “tricks” or exercises to help you fall asleep or stay asleep?