

# SLEEP FOR BETTER HEALTH, RESILIENCE AND PERFORMANCE

## PERSONAL QUESTIONNAIRE



The  
**SLEEP**  
Connection

Key: P=Parent, C=Child  
Week Weekend

1. What is the average time you go to sleep on weeknights vs weekends?

P

C

P

C

2. What is the average time you wake on week mornings vs weekends?

P

C

P

C

3. What are the average hours of sleep you get per night on weeknights vs weekends?

P

C

P

C

4. If you have an afternoon nap, how long is that on a weekday vs the weekend?

P

C

P

C

5. How do you spend your time most nights within 30 mins of going to sleep?

P

C

6. Do you require an alarm or person to wake you on time on weekday mornings?

P Yes or No

C Yes or No

7. Does the use of electronic devices for social media, work, homework, gaming etc impact your quality or quantity of sleep? This impact can be regarding the ability to fall asleep and/or hours of sleep.

P Yes or No

C Yes or No

8. How do you feel within 30 minutes of waking, on a 5 point scale, where 1 is exhausted and 5 is refreshed?

P

1

2

3

4

5

C

1

2

3

4

5

9. Do you feel you get enough sleep?

P Yes or No

C Yes or No

10. If not, what is the number one constraint stopping you getting the sleep you need?

P

C

11. Are you motivated to change this? If so what would be your No.1 motivator for you getting more sleep? For example: energy, mood, mental health, relationships, concentration at work/school, academic or sports performance.

P

C

12. What are 1-2 actions you aim to take in order to improve the quality and/or quantity of your sleep?

P

C

13. What is the key insight you have learned from this session?

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