

# fitdesignbyannie

## Sleep Questionnaire

### The Lifestyle You Deserve

{Perfect Body Not Required}

Use the questions below to get a better grasp of your CURRENT habits around sleep. This should help you develop a NEW routine to get MORE SLEEP.

*Can I get an amen?*

**WHAT'S THE LAST THING YOU EAT BEFORE BED?** *(Sweets, dinner, ice cream, an adult beverage)*

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**WHAT DO YOU DO RIGHT BEFORE YOU GO TO BED?** *(TV, read, do the dishes, scan social media)*

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**WHAT TIME DO YOU GET IN BED EACH NIGHT? + WHAT TIME DO YOU ACTUALLY FALL ASLEEP?**

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**HOW MANY TIMES DO YOU WAKE UP IN THE NIGHT?**

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**HOW DO YOU FEEL WHEN YOU WAKE UP?**

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# Action Steps

How we are going to improve your sleep routine

**HOW DO YOU WANT TO FEEL WHEN YOU WAKE UP?**

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**WHAT TIME SHOULD YOU REALISTICALLY BE IN BED?**

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**WHAT WOULD BE YOUR IDEAL NIGHTLY ROUTINE BEFORE YOU GO TO BED?**

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**WHAT HAS TO CHANGE FROM YOUR CURRENT NIGHTLY ROUTINE?**

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**WHAT DO YOU NEED TO SAY “NO” TO IN ORDER TO GET THE SLEEP YOU NEED?**

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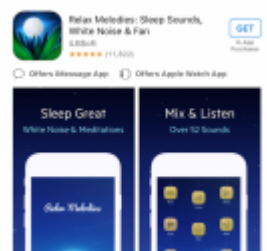
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**SLEEP AID APPS** – click the links for more details.

**SLEEP CYCLE APP** – tracks your sleep duration and restlessness.

<https://itunes.apple.com/us/app/sleep-cycle-alarm-clock/id320606217?mt=8>



**Relax Melodies: Sleep Sounds, White Noise & Fan** – provides a relaxing setting to help with falling asleep.

<https://itunes.apple.com/us/app/relax-melodies-sleep-sounds/id314498713?mt=8>