



Think You're Getting Enough Sleep-But Are You? Take this quiz, and find out!

Summary

Growth Education: Sleep serves many important roles, but they all support one main goal: survival. It helps keep the body and mind healthy by restoring **energy**, repairing muscle tissue, **fat burning**, **repairing** the body's **cells**, supporting and **repairing the cardiovascular system**, **hormone balance**, and **restoring brain functions** like memory and thinking.

This allows us to function well during the day, staying alert, making decisions, stabilizing our mood, increasing muscle gains and fat loss, and staying safe.

In short, **sleep is essential.**

Sleep Quiz Instructions:

Instructions:

Answer each question with:

A = Always

B = Sometimes

C = Rarely

Once you take the quiz, you will tally up your answers and see how you are doing!

Remember to be honest for the best results!


1. How do you feel when you wake up?

- A. Refreshed and ready to go
 - B. I get up eventually
 - C. Exhausted, hit snooze multiple times
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2. Do you feel sleepy during the day?

- A. Almost never
 - B. Sometimes (especially after lunch)
 - C. Constantly fighting sleep
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3. How long does it take you to fall asleep?

- A. Less than 15 minutes
 - B. 15–30 minutes
 - C. More than 30 minutes
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4. Do you wake up during the night?

- A. Rarely or never
 - B. Occasionally
 - C. Frequently
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5. How many hours of sleep do you usually get?

- A. 7–9 hours
 - B. 5–7 hours
 - C. Less than 5 hours
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6. Do you rely on caffeine to function?

- A. Not really
 - B. A little
 - C. Yes... heavily
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7. Do you keep a consistent sleep schedule?

- A. Yes, even on weekends
 - B. Somewhat
 - C. Not at all
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8. Do you use screens (phone, TV, etc.) right before bed?

- A. Rarely
 - B. Sometimes
 - C. Always
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[Head to the next page to tally your results!](#)

Your Results

Mostly A's: Sleep Superstar!

You're getting solid, healthy sleep. Keep doing what you're doing, your body and brain thank you.

Mostly B's: Room for Improvement

Your sleep is okay, but not optimal. A few easy changes could make a big difference.

Mostly C's: Sleep Deprived Zone

You likely need more (and better quality) sleep. It might be time for some guidance and support.

Don't like your results?

Your results *may* be altered by these variables:

- Nutrition
- Routine
- Hydration & Electrolytes
- Movement/Exercise
- Getting Sunlight
- Balancing Hormones
- Stress

You have options to improve!

If your quiz results suggest that your sleep could use some improvement, don't stress, support is available to help you get back on track. *Your Growth* offers services designed to educate, guide, and support you in building healthier sleep habits and improving overall well-being.

On the homepage under 'My Services' you will find options that include:

-  15-minute Free Consultation
-  5-session Kickstart Growth Program
-  90-minute Growth in Progress, including a 60-minute follow-up session
-  1-hour Targeted Check-In

Additional support:

For ongoing support and exclusive education, you can sign up for **The Prevention Digest**- a Newsletter with topic-specific insights exclusively delivered directly to subscribers.

Explore the **Resources & Content** page, which includes evidence-based research articles, videos, and blogs to help you learn more about sleep and wellness.

