

Rate Your Bedroom for Sleep – Exercise!

On a scale of 1-5, rate each question below then total
(1= poor, 5 = excellent)

Statement	Score
My bedroom is quiet without loud or sudden noise.	
I sleep in darkness, using window shades or eye masks, if necessary.	
The temperature is cool enough to allow me to sleep well.	
My bed is comfortable – mattress, sheets, pillows, etc.	
I have enough fresh air in my room.	
I perform a regular routine (e.g., warm bath, brush teeth, etc.) before going to bed – no matter when or where I'm sleeping.	

Score

25-30:

20-24:

<20:

Feedback

Well-designed bedroom for sleeping

Good...but room for improvement

Your bedroom needs some help

