

## **ARE YOU GETTING ENOUGH SLEEP?**

*Answer the following questions YES if this applies to you more than one night a week:*

1. Do you have trouble falling asleep at night?
2. Do you have difficulty waking up in the morning?
3. Do you sleep less than 8-9 hours a night?
4. Do you wake up once or more during the night?
5. Do you sleep in a room with any light or noise?
6. Do you wake up feeling tired?
7. Do you wake up only with an alarm?
8. Do you go to bed later than 11 pm?
9. Do you get up earlier than 6 am?
10. Do you use medications (OTC or RX) for sleep?

If you answered yes to 2 or more of these questions than you will need to address your sleep issues. We recommend the Designs for Health Sleep Support Protocol including sleep supplements along with nutrition and lifestyle tips.

