

OBSTACLES PREVENTING YOU FROM SLEEPING WELL

Write YES or NO and describe even more, this is for you !

Do you need a lot of sleep to feel well ?

Do you feel that you react well to a lack of sleep ?

Do you feel that you are naturally a night owl?

Have you observed changes in the effects of night work on your sleep as you are getting older ?

Can you identify elements in your environment that can disrupt your sleep when you are sleeping in the daytime, after your night shift ?

Have you ever experienced jet lag after plane travel? If yes, did you feel any effects similar to those that night work has on you ?

Do you have activities or obligations reducing the time that you devote to sleep when you are working nights ?

Is night work a source of stress for you ?

Do you have symptoms of sleep disorders, such as sleep apnea, restless legs syndrome or chronic insomnia ?
