



SLEEP & FATIGUE QUESTIONNAIRE

ASSESS YOUR FATIGUE

Assessing fatigue can be done using the Epworth Sleepiness Scale (ESS). In order to assess your fatigue, you should consider the following when answering.

- ✚ How likely are you to doze off in the following situations, rather than just feeling tired or fatigued?
- ✚ If you have not done these things recently, think about how they have affected you in the past.

Using the following scale, choose the most appropriate number for each situation. 0 = would never doze / 2 = moderate chance of dozing / 1 = slight chance of dozing / 3 = high chance of dozing

Situation	Chance of Dozing Off
Sitting and reading	
Watching TV	
Sitting inactive in a public place (eg a theatre or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch without alcohol	
In a car, while stopped for a few minutes in the traffic	

Your score indicator:

- ✚ 0-4 more alert than normal, common with insomnia
- ✚ 5-9 normal range of sleepiness
- ✚ >10 excessive daytime sleepiness, possible underlying medical condition.

If you experience excessive daytime sleepiness, it may be appropriate to consult your health care practitioner for further investigations and support.



ASSESS YOUR SLEEP QUALITY

When you are considering your sleep quality it is a good idea to take into consideration your daily routine. For example, consider your sleep quality during a typical week and a typical weekend? Even consider your sleep quality on an extended break or holiday (for comparison).

- ✚ Do you feel you get enough sleep?
- ✚ Do you feel refreshed after a night of sleep?
- ✚ How many hours of sleep do you achieve per night?
- ✚ Do you sleep at regular times that fit with your preferred daily schedule?
- ✚

It can also be helpful to consider:

- ✚ What time do you go to bed, and what time do you usually fall asleep?
- ✚
- ✚ How long does it take you to fall asleep from the time you go to bed?
- ✚
- ✚ What time do you usually wake up?
- ✚ Are these timings your choice or would you prefer that they were different?
- ✚
- ✚ Do you sleep right through the night?
- ✚ Are you sleepy in the daytime?
- ✚ On the weekend or days off, do you vary your sleep schedule?
- ✚ How much time do you spend outdoors during the day?
- ✚ <15 minutes / 30 to 60 minutes / 2 to 3 hours /
4 to 6 hours / more than 7 hours

Sleep Hygiene questions

- ✚ Are you exposed to continuous bright light environments within 4 hours of going to sleep?
- ✚ Do you watch TV/ use electronic devices within 2 to 3 hours of going to bed?
- ✚
- ✚ Do you exercise during the evenings?
- ✚ Is your bedroom subject to the following:
 - ✚ External light pollution (i.e. street lamps, sunrise light etc.)
 - ✚ Disruptive noise (i.e. early traffic noise, upstairs neighbours in apartments)
 - ✚ Temperature control (i.e. air conditioning, central heating)
 - ✚ Concentrated electromagnetic field sources (i.e. power box, appliances on opposite side of wall behind bedhead)



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SLEEP DIARY

A Sleep Diary can provide a track of your sleep schedule that you can use to improve your sleep. Try to complete this diary each morning when you get up in the morning. Do not use it during the night to record any difficulties.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Naps in the day							
Bedtime							
Time to fall asleep							
Number of times you wake							
How long you are awake							
Time you wake in the morning							
Time you get up							
How you feel on waking 10 = jumping up / 1 = unable to get up							

There are still more suggestions this week and in coming weeks as we go through the Thrive Through Menopause Program to support your sleep. If you are experiencing difficulty with sleeping, you may like to seek more support from your healthcare practitioner or book in to see Sue at Handcrafted Health for more specific sleep measures.

Healthy Regards,

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Disclaimer: The handout does not reflect any particular diagnosis, nor suggests any course of action. It is meant only as a tool to help assessment. The ideas and suggestions made here are

"It's not the speed with which you are travelling but the direction you are facing".



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not intended as substitutes for appropriate care by a licensed healthcare practitioner. Should you have any concerns regarding your well-being now or in the future, please contact your primary healthcare practitioner.

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References available on request.

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