

What's going on with your sleep?

Below is a list of the biopsychosocial factors that may play a role in your sleep problem. Read through each and check the boxes beside the ones that apply to you. You are going to use this information in the next activity to help you understand how the factors impact your sleep.

Biopsychosocial checklist

Biological

- I have a genetic vulnerability (e.g., family history of sleeping problems)
- I have noticed changes to my sleep as I age
- My chronotype affects my sleep (i.e., early bird or night owl)
- I have a medical condition(s) that disrupts my sleep (e.g., pain, arthritis, asthma, RLS, dementia, menopause)
- I use medication(s) that can cause sleep disruptions (e.g., decongestants, steroids, beta blockers)
- I have been using a sleeping pill (benzodiazepine and/or Z-drug) regularly (at least four times a week) for longer than ten days
- My sleep environment is often too hot/too cold (i.e., often wake as a result)
- I don't spend much time outdoors in natural lighting
- I often exercise close to my bedtime
- I do not / rarely exercise
- I travel between different time zones frequently
- I consume alcohol, caffeine, or smoke close to bedtime
- I eat late at night before bed or have a high sugar / high saturated fat diet

Psychological

- I have a mental health condition (e.g., anxiety, depression, PTSD)
- I have a lot of stress in my life that keeps me up at night
- I spend a lot of time in bed not sleeping (e.g., reading, talking, on computer/phone, watching tv, relaxing, etc.)
- I do mentally stimulating activities before bed (reading emails, completing work, having intense conversations, watching something engaging)

- My mind is often racing when I try to fall asleep or when I wake during the night
- I worry and become preoccupied about my sleep quality
- I take naps during the day to compensate for poor sleep
- I do not have a nightly bedtime routine
- I do not go to bed and/or wake rise to a consistent routine

Social

- I have a lot of stress associated with my work
- I share my home environment/bedroom with people who have habits that can make sleep more difficult.
- I do not have a private space other than my bedroom so spend more time than I otherwise would in bed
- As a child, I did not have a bedtime routine and my bedtime was late or variable
- I have lost someone or something that I valued deeply in my life
- I feel pressured by societal expectations about sleep (e.g., normal in my role to have little sleep)
- I have an irregular bedtime due to work or social commitments
- My sleep is impacted by infants and/or young children I care for or live with
- I am in regular contact with family or close others with whom I have a difficult relationship