

Everyone sleeps... But do you sleep well?

Find out where you fall on the sleep scale and learn what you can do to be a refreshed, more revitalized you.



1

How would you describe your overall stress level?

A

Stress...I know how to handle it



B

I could use a brain break...



C

Stop asking me questions!



2

Which one describes your daily attention span?

A



I'm focused like a laser

B



I zone out a lot

C



Can you repeat the question?



3

How would you describe your daily energy level?

A

..... I have plenty to spare



B

..... I could use a boost



C

.... There's never enough coffee



4

How many hours of sleep on average do you get per night?

A



8 or more

B



6-7

C



Less than 6



5

Do you snore loudly or at all?

A

I don't make a peep



B

Occasionally, or so they claim...



C

Earplugs in, everyone!



RESULTS

MOSTLY As

Pro Sleeper

While answering mostly A's indicates you may not have problems sleeping through the night, it is important to ensure that you continue to follow good sleep habits that can prevent future changes to your normal sleep patterns. Learn how you can improve your pro sleeper status and maintain a healthy sleep schedule at www.philips.to/sleep-tips-2014

MOSTLY Bs

Moderate Sleeper

Answering mostly B's indicates you may not have problems sleeping through the night, though you may find yourself feeling restless and tired during the day. Be aware of sleep altering changes in your daily schedule. Take the first steps towards a happier, livelier you, by learning more at www.philips.to/sleep-tips-2014

MOSTLY Cs

Below Normal Sleeper

Answering mostly C's indicates that you may often toss and turn throughout the night, and may find yourself fatigued during the day. While many underlying causes can interrupt your normal sleep patterns, one of the most overlooked causes is OSA (Obstructive Sleep Apnea). Start your quest for better sleep by taking the OSA quiz at www.worldsleepday.respironics.com/risk-test.html