

INSOMNIA: From Anxiety to ZZZZZZZ

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1. How many hours do you sleep during the week? _____
2. How many hours do you sleep during the weekend? _____
3. How many hours of sleep are ideal for you? _____
4. Which words below describe you the best? (circle all that apply)

Sadness that doesn't go away
Unhappiness directed at others
Anxious during the day or night
Feeling "empty"
Wanting to be alone a lot
Needing a "drink"
Feeling hopeless
Feeling negative/pessimistic
Feeling guilty
Feeling worthlessness
Feeling helpless
Irritable/easily agitated
Aches or pains
Muscle tension
No interest in activities once enjoyable
No interest in sex
Low energy throughout the day
Napping during the day
Not remembering details
Can't fall asleep at night
Sleeping too much
Overeating, especially at night
Acid reflux
Thoughts of suicide

Worrying excessively
Feeling tense
Feeling criticized by others
Critical of others
Drinking alcohol daily
Drinking excessively
Lack of physical activity
Trouble swallowing
Trembling
Sweating without exertion
Hot flashes
Restless/bored
Headaches
Muscle cramping

Tired all the time
Dozing off during the day
Difficulty concentrating
Not able to make decisions
Waking up early
Feeling not rested after sleep
Appetite loss
Not digesting food well
Attempt(s) at suicide

Suicidepreventionlifeline.org

800-273-TALK (8255)

What are three things you could do differently to promote sleep?

- 1 _____
- 2 _____
- 3 _____