

Sleep and Blood Sugar Quiz

Hidden signs of poor sleep that affect blood sugar are easy to miss.

Take this quick quiz to see how well you are doing with some of the things that affect sleep quality and getting enough sleep, night after night.

Consistent good sleep is the secret sauce! That's where the magic is.

1. Is it hard for you to get to sleep each night at a time that makes it possible for you to get 8 – 9 hours of sleep? Yes___ No___
2. Do you have a hard time falling asleep? Yes___ No___
3. Do you find yourself easily distracted on the way to bed? Yes___ No___
4. Do you have “busy mind”, racing thoughts right before trying to sleep? Yes___ No___
5. Once you fall asleep, is it hard to stay asleep? Yes___ No___
6. If you awaken during the night (go to bathroom, etc.) do you have a hard time getting back to sleep? Yes___ No___
7. Do you wake up feeling like your heart is racing? Yes___ No___
8. Do you have problems with staying asleep long enough to feel like you got a good night's rest? Yes___ No___
9. When you awaken to start your day, do you feel like you didn't get enough sleep? Yes___ No___
10. Does it take you a long time to feel fully awake in the morning? Yes___ No___

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11. Do you work swing shift? Yes___ No___

12. Do you work at night? Yes___ No___

Scoring this Quiz: *If you answered “Yes” to 3 or more questions, you may have the kind of sleep problems that disrupt your blood sugar.*

If you know your blood sugar is **higher than expected** at night and in the early morning hours, it’s important you focus on getting better sleep.

Poor sleep is a silent but serious disruptor of healthy blood sugar levels. Do what you need to for improving your sleep, both the quality of sleep you get and the amount of sleep you get.

A good night’s sleep, night after night, can make a positive difference in your blood sugar results and overall wellness.

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