

Waking Up Already Tired

For when you spend the night in bed and still wake up with nothing left.

WHEN TO USE THIS

Use this after a stretch of mornings where sleep did not seem to help.

How rested do you feel in the first ten minutes of being awake?

0	1	2	3	4	5	6	7	8	9	10
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Wrecked Ready for the day

What might be eating into your rest? Tick anything that fits.

- ☐ I am in bed long enough but wake up a lot
- ☐ Pain, or getting up for the bathroom
- ☐ Snoring, or gasping in my sleep
- ☐ A drink or medicine in the evening
- ☐ A different bedtime every night
- ☐ I am not in bed long enough to start with
- ☐ I wake up worried right away

What is the first hour after you wake up like?

Name three things this level of tired makes harder.

1.

2.

3.

What do you want to tell your doctor or nurse about your sleep?

Tired that sleep does not fix is worth saying out loud to someone who can look into it.