

**Background Information**

- What is your name?
- Where do you live?
- What is your current job? What are some of your responsibilities?
- How long have you had this job for?

**Work Habits**

- How many hours a week do you work on average?
- Do you consistently work the same amount every day?
- Are you on an alternative work schedule? If so, why?
- Do you consider your work to be stressful? If so, why?
- How do you unwind from work? What are some things you do for fun?

### **Sleep Habits**

- How many hours of sleep do you get on an average night?
- When you sleep, do you sleep restfully? Or do you sleep and wake up still feeling exhausted?
- On days when you feel tired during the day, what causes that exhaustion: lack of sleep, stress from work, or something else?
- How do you feel when you don't get enough sleep?
- What are some things you can't do if you don't get enough sleep?

### **Goals**

- How many hours of sleep do you need to feel your best?
- Do you think getting enough sleep is an important healthy habit to maintain?
- What are some professional and/or personal goals you have right now?
- How are you going to accomplish those goals?