

Hi carlton. Thanks for completing your sleep health screen!

Your sleep health score:

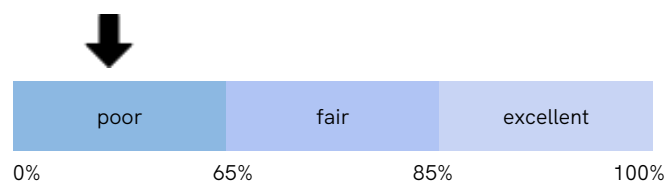


29%



Poor

Oh no! Consider seeking assistance to improve your sleep health.



1h

Sleep Duration:

The recommended range is 7-9 hours

4%

Sleep efficiency:

We aim to be asleep for at least 85% of the time we spend in bed at night.

5/10

Perceived sleep quality:

This is your perception of your sleep quality. Higher is better.

6/10

Daytime function:

Optimal sleep enables you to be on your A-game. Poor sleep may impair productivity, creativity, decision making and mood. Higher daytime function is better.



Sleep Medication:

You are regularly using medication to help you sleep. It is preferable not to use sleep medication on a long term basis.

Tips to improve your sleep:

- Have a consistent bedtime and wake-up time.
- Minimise electronic device use after sunset. If you have to use electronics, make use of bluelight blocking filters.
- Budget 60 minutes for winding down before bed.
- Be wary of too much caffeine (coffee, ceylon tea, energy drinks & some soft drinks) 6 hours before bedtime.
- Excessive alcohol intake and other sedative use can impair sleep.
- If you are concerned about your sleep, please contact your healthcare provider or Sleep Science.

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