

Sleep Barriers: *What Gets in Your Way of a Good Night's Sleep?*

Circle any or all that apply or list your own in the blank space below.

Watching TV	Social media
Family obligations	Time to myself
Mind is Racing/Can't settle	Hobbies
2 nd Job	Continuing Ed/School
Kids/Pets	Travel/Jet lag
Reading a good book	Physical discomfort/Pain
Depression	Anxiety
Work	Games/Gaming
Talking to friends	Spouse/Partner
Add any additional sleep barriers below:	