Velliv

Do you sleep well enough?

Test your sleep with 3 questions

The test is designed for people who work during the daytime.

How to take the test:
1. Read the 3 questions and write down your points.
2. Add your points together.
3. Turn the card over and see your result.

1. How perky are you half an hour after you wake up in the morning?

Completely exhausted	Slightly exhausted	Almost perky	Completely perky
1 point	**2 points**	**3 points**	**5 points**

2. How many hours do you sleep at night on average?

<5 hours	5–6 hours	6–7 hours	7–9 hours
1 point	**2 points**	**3 points**	**5 points**

3. How often do you feel the need to sleep during the day?

Every day	4–6 days a week	1–3 days a week	Less than 1 day a week
1 point	**2 points**	**3 points**	**5 points**

How well do you sleep?

Result: 3-9 points
Very poor sleep
Poor sleep can be caused by several things – pain, stress or sleep apnoea. Whatever the cause, your sleep is affected so much that you should take it seriously and talk to your doctor about it. Be aware that if you have health insurance, it may be able to help with the costs. You are also welcome to contact Velliv's health team on **70 33 37 07**.

10-12 points
Excellent sleep, but there's room for improvement
You are easily tempted to "steal" from your night's sleep to gain a few extra hours on a busy day. Maybe you sleep less than you think. Try using Velliv's sleep diary to record your sleep for a week or two to get a better idea of how well you are sleeping.

Find some advice for your night's sleep at velliv.dk/dk/privat/sundhed/soevn

13-15 points
Good sleep
You are good at prioritising your sleep. Keep up the good work!

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