YOUR ANSWERS. YOUR PERSPECTIVE.

Sleep-difficulties

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 18 / 18 | 4 PROFILE AREAS

1

Settling into sleep

You describe lying awake or continuing thoughts when trying to fall asleep. In your account, the transition into sleep takes more attention than you want.

2

Wakefulness during sleep periods

You describe longer waking periods, early waking or difficulty returning to sleep. This concerns experienced sleep continuity; objective duration and causes are not measured here. Some responses differ substantially from this direction.

3

Individual responses matter

Wakefulness during sleep periods: Scored responses range from 2 to 5/5 (items 9 & 10).

Your first small step

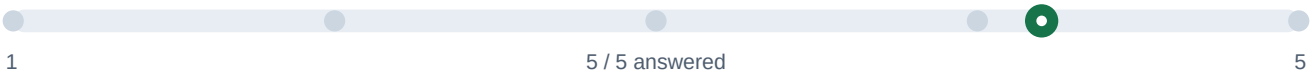
What stands out about a waking period you remember? A short description is enough; you do not need to monitor yourself at night.

02 / YOUR REPORT

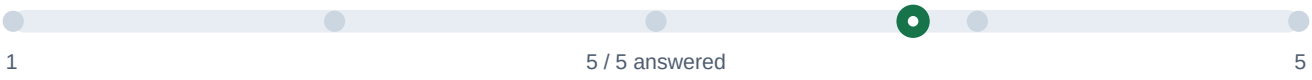
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

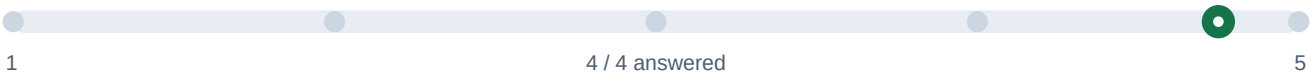
Settling into sleep — 4.2 / 5



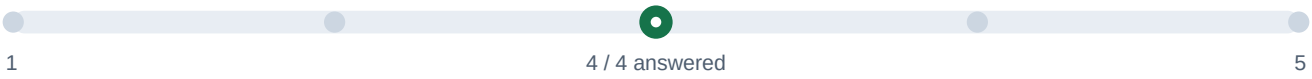
Wakefulness during sleep periods — 3.8 / 5



Daytime experience — 4.8 / 5



Thoughts about sleep — 3.0 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

You receive a clear overview of reported difficulties falling asleep, interruptions, daytime tiredness and sleep concerns. The questionnaire measures neither laboratory sleep quality nor the cause or diagnosis of a sleep disorder.

Your result in words

Settling into sleep: You describe lying awake or continuing thoughts when trying to fall asleep. In your account, the transition into sleep takes more attention than you want.

Wakefulness during sleep periods: You describe longer waking periods, early waking or difficulty returning to sleep. This concerns experienced sleep continuity; objective duration and causes are not measured here.

Wakefulness during sleep periods: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 9: My sleep often feels interrupted rather than continuous. | Mostly untrue

Item 10: After a brief awakening, I usually return to sleep easily. | Not at all true

Consider a possible everyday situation

What stands out about a waking period you remember? A short description is enough; you do not need to monitor yourself at night.

04 / YOUR REPORT

Settling into sleep

Trace your responses and connect them with everyday situations.

Here you describe the time between going to bed and falling asleep from memory. Your responses are not an objective sleep measurement.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe lying awake or continuing thoughts when trying to fall asleep. In your account, the transition into sleep takes more attention than you want.

Scale direction: fewer reported settling difficulties / more reported settling difficulties.

Two concrete responses

Item 3: While waiting to fall asleep, I repeatedly turn my attention to the time.

Your response: Partly true

Item 5: When I have an opportunity to sleep, I usually fall asleep without much difficulty.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

What do you remember about a typical period of falling asleep? Describe the situation without having to estimate its duration.

When does this fit me - and when does it not?

05 / YOUR REPORT

Wakefulness during sleep periods

Trace your responses and connect them with everyday situations.

This area explores remembered waking periods and returning to sleep. Brief awakenings alone do not establish a disorder.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe longer waking periods, early waking or difficulty returning to sleep. This concerns experienced sleep continuity; objective duration and causes are not measured here.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: fewer reported interruptions / more reported interruptions.

Two concrete responses

Item 9: My sleep often feels interrupted rather than continuous.

Your response: Mostly untrue

Item 10: After a brief awakening, I usually return to sleep easily.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

What stands out about a waking period you remember? A short description is enough; you do not need to monitor yourself at night.

When does this fit me - and when does it not?

06 / YOUR REPORT

Daytime experience

Trace your responses and connect them with everyday situations.

These statements concern your experience after sleeping. Tiredness and concentration difficulties can have different causes.

Your response value **4.8 / 5**



What this means in practice

You describe poor refreshment and tiredness affecting attention or daytime tasks. The connection with sleep is your assessment; other causes are not examined here.

Scale direction: less reported daytime impact / more reported daytime impact.

Two concrete responses

Item 12: Tiredness makes it harder for me to stay attentive during an everyday task.

Your response: Mostly true

Item 14: After my usual sleep period, I generally feel rested enough to start the day.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

During which everyday activity do you notice a difference between more restful and less restful sleep?

When does this fit me - and when does it not?

07 / YOUR REPORT

Thoughts about sleep

Trace your responses and connect them with everyday situations.

This area concerns how much space worries about sleep occupy in daily life. It does not judge your discipline or sleep habits.

Your response value **3.0 / 5**



What this means in practice

Your answers fall between “fewer reported sleep concerns” and “more reported sleep concerns”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Scale direction: fewer reported sleep concerns / more reported sleep concerns.

Two concrete responses

Item 15: Before my sleep period, I already wonder whether I will lie awake again.

Your response: Mostly untrue

Item 17: Worry about my next sleep period strongly influences my plans for the day.

Your response: Mostly true

A prompt for further reflection

What question about your sleep would you like to discuss with a qualified professional?

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Settling into sleep

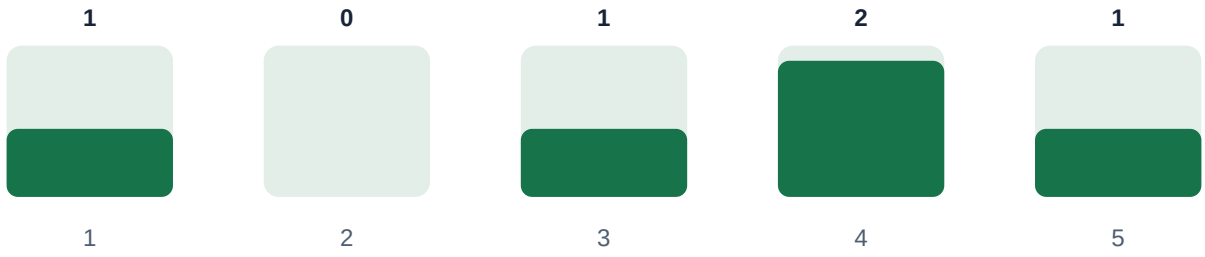
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 = 21. 21 / 5 = 4.2 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Wakefulness during sleep periods. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

What stands out about a waking period you remember? A short description is enough; you do not need to monitor yourself at night.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

This original questionnaire is not a clinically validated sleep scale. It shows response patterns but does not identify insomnia, sleep apnoea or other causes of sleep problems. It does not measure objective sleep duration or assess fitness to drive. Persistent or substantially distressing difficulties warrant medical assessment regardless of the value. The profile does not recommend changing medication or restricting sleep time.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.27 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**When I want to sleep, I remain occupied with my thoughts for a long time.**	Settling into sleep | Mostly true
2	**I lie awake even though I felt tired before going to bed.**	Settling into sleep | Very true
3	**While waiting to fall asleep, I repeatedly turn my attention to the time.**	Settling into sleep | Partly true
4	**The transition from wakefulness to sleep feels difficult for me.**	Settling into sleep | Mostly true
5	**When I have an opportunity to sleep, I usually fall asleep without much difficulty.**	Settling into sleep | Not at all true | reverse-scored
6	**If I wake during my sleep period, I find it difficult to fall asleep again.**	Wakefulness during sleep periods | Partly true
7	**In the morning, I remember several extended periods of wakefulness.**	Wakefulness during sleep periods | Very true
8	**I wake earlier than intended and cannot use the remaining time to sleep.**	Wakefulness during sleep periods | Mostly true
9	**My sleep often feels interrupted rather than continuous.**	Wakefulness during sleep periods | Mostly untrue
10	**After a brief awakening, I usually return to sleep easily.**	Wakefulness during sleep periods | Not at all true | reverse-scored
11	**After getting up, I feel poorly rested even when I had time to sleep.**	Daytime experience | Very true
12	**Tiredness makes it harder for me to stay attentive during an everyday task.**	Daytime experience | Mostly true
13	**Because I feel exhausted, I postpone things I would otherwise do.**	Daytime experience | Very true
14	**After my usual sleep period, I generally feel rested enough to start the day.**	Daytime experience | Not at all true | reverse-scored

Your responses in full / CONTINUED

15 **Before my sleep period, I already wonder whether I will lie awake again.**

Thoughts about sleep | Mostly untrue

16 **After a difficult night, my thoughts keep returning to its consequences for the day.**

Thoughts about sleep | Partly true

17 **Worry about my next sleep period strongly influences my plans for the day.**

Thoughts about sleep | Mostly true

18 **I can usually accept a less restful night without thinking about it throughout the day.**

Thoughts about sleep | Partly true | reverse-scored