

SleepDrops Sleep Questionnaire[®]

Name: _____

Circle the answer that feels most appropriate to each question.
Your health practitioner will be able to discuss with you individualised sleep support.

	A	B	C	D
1. What time do you usually go to bed at night?	9-10pm	10-11pm	11-12am	1am or later
2. How long does it usually take you to fall asleep each night?	15 minutes or less	15-30 minutes	30-45 minutes	45 minutes or longer
3. What time do you usually get up in the morning?	5-6am	6-7am	7-8am	8am or later
4.				
5. How many hours of actual sleep do you get at night?	8 hours or more	7 hours	6 hours	5 hours or less
6. How often do you have trouble sleeping because you cannot get to sleep within 30 minutes?	Not during the past month	Less than once per week	Once or twice per week	Three or more times a week
7. How often do you have trouble sleeping because you wake up in the middle of the night or early morning?	Not during the past month	Less than once per week	Once or twice per week	Three or more times a week
8. How often do you have trouble sleeping because you have to get up to use the bathroom?	Not during the past month	Less than once per week	Once or twice per week	Three or more times a week
9. How often do you have trouble sleeping because you cough or snore loudly?	Not during the past month	Less than once per week	Once or twice per week	Three or more times a week
10. How would you rate your sleep quality overall?	Very good	Fairly good	Fairly bad	Very bad
11. Have you been experiencing tossing and turning, restless sleep, or light sleeping?	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
12. How many times do you wake up during the night?	0-1	2-3 times	4-5 times	6 or more times
13. On average, how long are you awake for?	Less than 5 minutes	6-15 minutes	16-30 minutes	30+ minutes or don't get back to sleep
14. In the previous 18 months have you experienced any stress?	None	Low	Medium	High
15. How would you rate your current stress levels?	None	Low	Medium	High
16. What type of stress are you experiencing? Were you?	None	Low New job Moved house Starting a family New Stress	Moderate Financial pressures Family concerns Constant work stress Ongoing stress	High Grief Loss of a loved one Health issue Chronic stress

Practitioner Responses

Mostly A's

Your patient's sleep is good. It is important that your client keeps on this path, continue to monitor their sleep monthly. This could be as simple as sending them this form before the next consultation or actively inquiring about their sleep when they come in for each consult. Sleep is the foundation to all health and wellbeing.

Remember the 4 most important questions to ask each consult are:

Do you have trouble going to sleep?

Staying asleep?

Or both?

Was it brought about by stress?

Mostly B's

Your patient's sleep is fairly good. However they are starting to experience mild sleep issues. They would benefit from additional support. Less than 8 hours sleep or experiencing stress means their body needs nutritional support.

Support options:

SleepDrops MAX to help them get to sleep OR MgUlti to feed the nervous system to provide sleep and stress support.

Mostly C's

Your patients sleep is fairly bad, they definitely need support. Moderate stress/ short sleep times/ disrupted sleep, negatively impacts your patients overall health. Get them started on MgUlti (6 capsules before bed) and SleepDrops MAX (1ml or 20 drops in water once or twice before bed). Monitor them over the next month and if they are responding well drop them back to only 4 capsules. Then reassess.

Mostly D's

Your patients sleep is very bad, they need your help. You can recommend SleepDrops Max (2mL or 40 drops in water before bed and if they wake up at night) and MgUlti (6 capsules). Your patient's sleep directly impacts on their quality of life and their overall health. Helping them sleep better is foundational for their wellbeing and improvement in your care.

If your patient doesn't specifically fit clearly into 1 of these 4 categories please review further information on the next page and/or call our team on 0800 345 999 for further advice.

SleepDrops Sleep Questionnaire[®] Answer Breakdown

1. What time do you usually go to bed at night?	The hours before midnight are more important than the ones after midnight, even if your patient is still getting 8 hours of sleep. Encourage your patient to prioritise their sleep and go to bed earlier.
2. How long does it usually take you to fall asleep each night?	Please be aware a normal amount of time to fall asleep is 0 to 15 minutes. If it is taking your patient longer than 15 minutes to fall asleep they need additional support. The remedy to recommend is SleepDrops MAX.
3. What time do you usually get up in the morning?	If going to bed appropriately and still waking tired, which is not relieved by a glass of water, sometimes needed, when the body is repairing due to increased sleep – focus on further sleep improvement. Recommend MgUlti – this is a mutli-magnesium formula that supports deep restorative sleep which will help them to awake more refreshed.
4. How many hours of actual sleep do you get at night?	Sleep researchers everywhere agree that 8 hours sleep is the magic number a person needs for all health and wellbeing. If your patient is getting less than 8 hours and they are actively prioritizing their sleep, refer to the above 2 questions to ascertain whether SleepDrops MAX and MgUlti are needed.
5. How often do you have trouble sleeping because you cannot get to sleep within 30 minutes?	If your patient answered yes to any of these, SleepDrops MAX will help them.
6. How often do you wake up in the middle of the night or early in the morning?	If this is happening more than twice per week, your client needs SleepDrops MgUlti and SleepDrops MAX. These supplements will support the body to achieve deeper restorative sleep, go back to sleep if woken and awake more refreshed.
7. How often do use the bathroom in the night?	Is your client an older man, who is waking up during the night to pee? If yes, he needs SleepDrops Menzzz, this remedy is specifically designed for older men who wake up during the night to pee due to their prostate pushing on their bladder. If your patient is not an older man they need SleepDrops MgUlti. This supplement contain specific forms of magnesium, which is helps to relax the bladder muscle so that it can hold more liquid during the night.
8. How often do you have trouble sleeping because you cough or snore loudly?	If your patient is experiencing this more than once per week, prescribe them SleepDrops MAX and MgUlti. If you feel they need additional support and review, refer them to the Sleep and Wellness Centre.
9. How would you rate your sleep quality overall?	If your patient feels their sleep is “Fairly bad” or “Very bad” this is needs to be addressed. Prescribe your patient SleepDrops MAX and MgUlti.
10. Have you been experiencing tossing and turning, restless sleep, or light sleeping?	If it is more than once per week, your client needs to supplement. This will improve the quality of their sleep, aiding deeper sleep cycles and reduces restlessness, tossing and turning. We recommend MgUlti.
11. How many times do you wake up during the night?	It is okay for your patient to wake up once every now and then. However waking up during the night is disruptive to your health. It is important you recommend MgUlti and SleepDrops MAX.
12. On average, how long are you awake for?	If it its taking your patient longer than 5 minutes to fall back asleep after waking during the night, then your patient needs additional support. Prescribe SleepDrops MAX. Dosage instructions are as follows: SleepDrops MAX: 1-2ml (20-40 drops) either under tongue or premixed in water. You can have them repeat each time they wake up during the night.
13. In the previous 18 months have you experienced any stress?	This question allows you an opportunity patient’s history and create further dialogue about stress.
14. How would you rate your current stress levels?	If your patient is experiencing stress – low, medium, or high. Your patient needs support. Start them on SleepDrops MAX and MgUlti.
15. What type of stress are you experiencing?	Low, moderate, or high stress – your patient has a lot going on and needs support. Managing their stress levels will assist all aspe3cts of their health and wellbeing. Acute or chronic stress has been shown to directly impact sleep and their everyday activities, it is important to become aware early by checking in with your patient’s wellbeing and prescribing the right support.