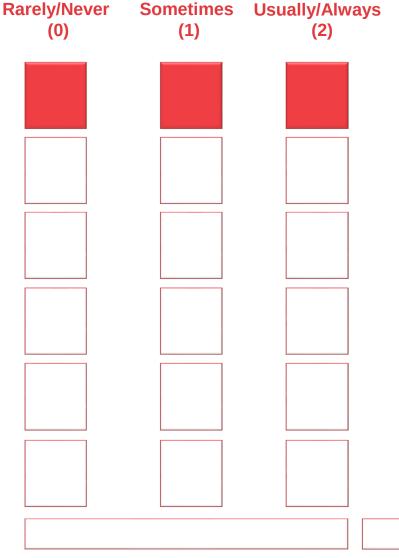
RU SATED?

- Regularity: Do you go to bed and get up at the same time?
- **Satisfaction:** Are you satisfied with the quality of your sleep?
- Alertness: Do you stay awake all day without dozing?
- <u>T</u>iming: Are you asleep between 2am and 4am?
- **Efficiency**: Do you spend less than 30 min awake at night?
- <u>Duration</u>: Do you sleep between 7 and 9 hours per day?



Tally SATED for a possible "score" out of 10