

## If you experience any of these, you may be sleep deprived...

Is it hard to wake up in the morning, sleeping through your alarm?

Can you be cross or bad tempered, getting angrier in the afternoon?

Can you fall asleep naturally if sitting quietly?

Do you sleep much longer at the weekends compared with weeknights?

Can you feel worried, low, stressed and not cope well?

Can you feel tearful and emotional for no reason?

Is it hard to concentrate and focus at school or college?

Use a phone, tablet or screen after going to bed?

Feel tired and lethargic often in the daytime?

Have poor hand-eye coordination?

Are you accident prone, trip over and drop things?

Is it difficult to manage your behaviour, take risks or be silly?

