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

(Tick all that apply.)

- 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?
- Do you use a phone, tablet or screen after going to bed?
- Do you feel tired and lethargic often in the daytime?
- Do you 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?

Total /12