SAADI AKADEEMIA

Free guide · Sleep

How well do you really sleep?

10 questions about sleep duration, quality and routine.

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SELF-ASSESSMENT

How well do you really sleep?

Sleep quality is just as important as duration. This test helps identify what disrupts your sleep the most.

For each question, choose one answer that best describes you over the past month. Write down the points and add them up at the end. This takes about 5 minutes.

Question	0 points	1 point	2 points
1. How many hours do you usually sleep?	☐ 7–9	☐ 6–7	☐ Less than 6
2. Does it take you more than 30 minutes to fall asleep?	☐ Rarely	☐ Sometimes	☐ Often
3. Do you wake up during the night and find you cannot get back to sleep?	☐ Rarely	☐ Sometimes	☐ Often
4. Do you wake up and go to bed at similar times each day?	☐ Yes	☐ Most of the time	☐ No
5. Do you drink caffeine after 14?	☐ No	☐ Sometimes	☐ Often
6. Do you use a screen during the last hour before bed?	☐ Rarely	☐ Sometimes	☐ Every evening
7. Do you snore, or has anyone noticed pauses in your breathing?	☐ No	☐ Don't know	☐ Yes
8. Are you sleepy during the day?	☐ Rarely	☐ Sometimes	☐ Often
9. Do you get daylight in the morning?	☐ Every day	☐ Sometimes	☐ Rarely
10. Do you drink alcohol in the evenings?	☐ Rarely	☐ Sometimes	☐ Often

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RESULT

What your score indicates

Add up the points for all your answers. This test is not a diagnosis—it helps you identify which areas may need attention and what to discuss with your doctor.

Points	What this generally means
0–6	Your sleep appears to be in good shape.
7–13	Several habits are disrupting your sleep. Start with light exposure and a consistent wake-up time.
14–20	Your sleep needs attention. If you snore or are very sleepy during the day, discuss a sleep study with your doctor.

If you have symptoms that interfere with everyday life, or you take medication, discuss your result with your family doctor. The Academy is an educational platform and does not provide personalised medical advice.

Read the article again: saadiacademy.ee/akadeemia/teemad/uni

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HOW IT WORKS

Sleep architecture and circadian rhythm

Sleep consists of cycles, each containing light, deep and REM sleep. Deep sleep supports physical recovery and metabolism, while REM sleep supports memory and emotions. The circadian rhythm is set mainly by light: morning daylight sets the body clock, while bright evening light shifts it later.

Lever	Why it works	How to do it
Morning light	Sets the internal clock and helps you fall asleep in the evening.	10–20 min outdoors within 1 hour of waking.
A consistent wake-up time	Keeps your rhythm more consistent than a fixed bedtime does.	Keep the same wake-up time, even at weekends.
Caffeine	The half-life is about 5 hours.	Have your last cup before 14.
A cool room	A drop in body temperature helps you fall asleep.	A cool, dark and quiet bedroom.
Alcohol	Disrupts the second half of sleep and REM sleep.	Not immediately before bed.

The free sleep guide includes a 7-day sleep diary: saadiacademy.ee/tasuta-materjalid

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A PRACTICAL PLAN

4 weeks towards better sleep

Week	Focus	What to do
1	Wake-up time and light	Choose a wake-up time and stick to it. Go outside or to a window straight away in the morning.
2	Caffeine and alcohol	Caffeine before 14. No alcohol in the evening.
3	Evening routine	1 hour before bed: dim the lights, put screens away, read a book, take a warm shower.
4	Bedroom	Blackout curtains, a cool temperature, and your phone in another room.

If you cannot fall asleep

- If you have been awake for more than about 20 minutes, get up and do something relaxing in dim light, then return when you feel sleepy.
- Do not watch the clock – it increases tension.
- Write your thoughts down on paper in the evening so they do not keep going round in your head.
- For insomnia, cognitive behavioural therapy (KKT-I) has been shown to be effective in studies – ask your doctor.

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WHEN TO SEE A DOCTOR

Signs worth discussing with your doctor

Sign	What this may mean
Loud snoring, pauses in breathing	Sleep apnoea – requires investigation.
Severe daytime sleepiness	Sleep is not restorative; there may be several causes.
Restless legs in the evening	May be related to iron deficiency.
Insomnia lasting over 3 months	Chronic insomnia – requires help.
Low mood	Sleep and mood affect each other.

Discuss the use of sleeping pills and melatonin with your doctor. If you take medication or have a chronic condition, discuss any changes with your doctor first.

We discuss sleep and recovery in the Academy's webinars: saadiacademy.ee/veebinarid

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WORKSHEET

Myths and a 7-day sleep diary

Myth	What science says
“You can catch up on sleep at the weekend.”	Partly, but an irregular schedule disrupts your internal clock.
“Alcohol helps you sleep.”	You fall asleep faster, but sleep quality worsens.
“Older people need less sleep.”	Sleep needs change little, but sleep architecture changes.
“A phone in night mode does not interfere with sleep.”	Content and notifications also keep the brain awake.

Daytime	Bedtime	Wake-up time	Time to fall asleep (min)	Last caffeine intake	Well-being (0–3)
1.					
2.					
3.					
4.					
5.					
6.					
7.					

The Dr Saadi Club covers one topic each month, with a protocol and a live broadcast: saadiacademy.ee/klubi

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WHAT NEXT

Explore the topic in more depth at the Academy

The free sleep guide includes a 7-day sleep diary and an “if you have this problem, try this first” table.

Step	What it is	Where to find it
Free resources	Practical guides with worksheets: blood sugar, sleep, the vagus nerve, inflammation, lab tests.	/tasuta-materjalid
Webinars	One topic at a time, with questions and answers.	/veebinarid
Dr Saadi Club	A video lecture, a protocol and a live stream every month. A Facebook community.	/klubi
Ainevahetuse Kood	An 8-week core course for understanding metabolism and developing a daily plan.	/kursused
Book	“Veresuhkru ohtlikud saladused” (published by Varrak).	varrak.ee

Questions: kursused@synage.ee. We will respond as soon as possible. All articles: saadiacademy.ee/artiklid. © Saadi Akadeemia (OÜ Süsivesik). Sisu üle vaadatud: 2026 · järgmine ülevaatus 2027.

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