

FREE CHECKLIST

100 things that wreck a night, and 100 things that can follow

From Better Nights / Better Next Days

These are the long versions of the ten prompts in the book's optional "Build your own bow tie" section. Tick anything that may apply. On the second list, use the first box for something you've noticed after poor nights and the second for something that would matter if it happened.

These are prompts, not a diagnostic test. Items overlap, a tick doesn't prove a cause, a total isn't a score, and some poor nights stay unexplained. Then pick up to five of each for Worksheet 9 in the toolkit.

Please read this first. General education and practical planning, not medical advice. If you're sleepy, don't drive or do safety-critical work. If anything on the Get Help Card fits you, book an appointment now; you don't need to finish the 30-day plan first. In an emergency, call your local emergency number.



100 things that can disturb a night

Tick anything that may apply. Think about amount, timing and circumstances; none of these is a guaranteed cause.

Environment

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| ☐ 1. A dog barking nearby | ☐ 11. A bedroom that is too cold |
| ☐ 2. Neighbours making noise | ☐ 12. Excessive humidity |
| ☐ 3. Traffic noise | ☐ 13. A stuffy or poorly ventilated room |
| ☐ 4. Aircraft noise | ☐ 14. Mosquitoes or other insects |
| ☐ 5. Construction or roadworks | ☐ 15. Too much light in the bedroom |
| ☐ 6. Loud music or a party nearby | ☐ 16. An uncomfortable mattress |
| ☐ 7. Sirens or emergency vehicles | ☐ 17. An uncomfortable pillow |
| ☐ 8. A noisy hotel room | ☐ 18. Uncomfortable or irritating bedding |
| ☐ 9. An unfamiliar sleeping environment | ☐ 19. Sharing a bed that is too small |
| ☐ 10. A bedroom that is too hot | |

People and animals

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| ☐ 20. A crying baby | ☐ 23. A partner moving or tossing and turning |
| ☐ 21. Young children waking during the night | ☐ 24. A partner getting up repeatedly |
| ☐ 22. A partner snoring | ☐ 25. A pet moving around on the bed |

Pain, discomfort and illness

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| ☐ 26. Acid reflux or heartburn | ☐ 37. Post-operative discomfort |
| ☐ 27. Needing to urinate during the night | ☐ 38. A cold or blocked nose |
| ☐ 28. Having a bad back | ☐ 39. Coughing |
| ☐ 29. Neck pain | ☐ 40. A sore throat |
| ☐ 30. Shoulder pain | ☐ 41. Fever or feeling generally unwell |
| ☐ 31. Hip pain | ☐ 42. Allergies or hay fever |
| ☐ 32. Arthritis or aching joints | ☐ 43. Itchy skin |
| ☐ 33. Muscle soreness after exercise or physical work | ☐ 44. Menstrual cramps |
| ☐ 34. A headache or migraine | ☐ 45. Menopausal hot flushes or night sweats |
| ☐ 35. Toothache | ☐ 46. Pregnancy-related discomfort |
| ☐ 36. An injury | ☐ 47. Leg cramps |

Food, fluid and substances

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| ☐ 48. Coffee amount or timing that may be affecting me | ☐ 54. Alcohol use and its timing |
| ☐ 49. Caffeinated tea amount or timing that may be affecting me | ☐ 55. Drinking considerably more alcohol than usual |
| ☐ 50. Energy drinks and their timing | ☐ 56. Possible alcohol withdrawal after regular drinking – seek medical advice |
| ☐ 51. Cola or other caffeinated soft drinks and their timing | ☐ 57. Eating a large meal shortly before bed |
| ☐ 52. Chocolate late at night: a possible pattern to notice | ☐ 58. Going to bed hungry |
| ☐ 53. Nicotine use or changes in use | ☐ 59. Spicy food causing indigestion |
| | ☐ 60. Fluid timing and overnight toilet needs |

Medicines and sleep-related health

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| ☐ 61. Restless-leg symptoms to discuss with a clinician | ☐ 63. Possible medicine effects on sleep to discuss with a clinician |
| ☐ 62. Known sleep apnoea, or breathing interruptions to report | ☐ 64. Starting, stopping or changing a medicine – discuss with the prescriber |

Stress, emotions and anticipation

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| ☐ 65. Receiving upsetting messages before bed | ☐ 74. A job interview the next day |
| ☐ 66. Waiting for an important phone call or message | ☐ 75. An examination or assessment the next day |
| ☐ 67. Work stress | ☐ 76. Having to give a presentation or speech |
| ☐ 68. Financial worries | ☐ 77. An impending deadline |
| ☐ 69. Relationship problems | ☐ 78. Worrying about travel arrangements |
| ☐ 70. An argument with a partner or family member | ☐ 79. Anticipation or excitement about a positive event |
| ☐ 71. Worrying about children or other family members | ☐ 80. Grief or bereavement |
| ☐ 72. Anxiety about something happening the next day | ☐ 81. Receiving bad news |
| ☐ 73. An important meeting the next morning | ☐ 82. Persistent rumination or an inability to switch off |
| | ☐ 83. Waking from a disturbing dream or nightmare |

Activities and habits

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| ☐ 84. Vigorous exercise close to bedtime: whether it affects me | ☐ 87. Working on a computer late into the evening |
| ☐ 85. Little daytime activity: a pattern to consider | ☐ 88. Watching stimulating television or films before bed |
| ☐ 86. Phone use that delays sleep or keeps me engaged | ☐ 89. Playing stimulating video games late at night |
| | ☐ 90. Checking work emails in bed |

Timing and opportunity

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| ☐ 91. A long afternoon nap: whether it affects my night | ☐ 92. Sleeping in unusually late that morning |
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☐ 93. Going to bed much earlier than usual

☐ 94. An irregular sleep schedule

☐ 95. Shift work

☐ 96. Jet lag

☐ 97. Crossing time zones

☐ 98. Daylight-saving time changes

Interruption or no clear explanation

☐ 99. Being woken unexpectedly and struggling to fall asleep again

☐ 100. A poor night with no clear explanation

Discuss breathing problems, persistent symptoms or medicine concerns with a clinician. Don't change prescribed treatment or cut back on alcohol, if you may be dependent, on the strength of this list.

100 things that can follow a poor night

Two boxes: **noticed** and **could matter**. Tick either or both. Different causes can produce similar symptoms, so a tick doesn't mean sleep is to blame.

Sleepiness and fatigue

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| ☐ ☐ 1. Daytime sleepiness | ☐ ☐ 5. Reduced physical energy |
| ☐ ☐ 2. Fatigue | ☐ ☐ 6. Brief unintended sleep episodes (microsleeps) |
| ☐ ☐ 3. Feeling physically exhausted | ☐ ☐ 7. Falling asleep unintentionally |
| ☐ ☐ 4. Difficulty getting out of bed | ☐ ☐ 8. Feeling a need for daytime naps |

Attention, memory and thinking

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| ☐ ☐ 9. Reduced concentration | ☐ ☐ 20. Reduced short-term memory performance |
| ☐ ☐ 10. Shorter attention span | ☐ ☐ 21. Reduced working memory performance |
| ☐ ☐ 11. Increased distractibility | ☐ ☐ 22. Difficulty learning new information |
| ☐ ☐ 12. Difficulty sustaining attention | ☐ ☐ 23. Difficulty recalling recently learned information |
| ☐ ☐ 13. Slower information processing | ☐ ☐ 24. Reduced problem-solving ability |
| ☐ ☐ 14. Slower reaction time | ☐ ☐ 25. Reduced mental flexibility |
| ☐ ☐ 15. Reduced alertness | ☐ ☐ 26. Difficulty dealing with complex information |
| ☐ ☐ 16. Mental fog | ☐ ☐ 27. Reduced ability to multitask effectively |
| ☐ ☐ 17. Difficulty thinking clearly | ☐ ☐ 28. Difficulty maintaining situational awareness |
| ☐ ☐ 18. Difficulty finding words | |
| ☐ ☐ 19. Forgetfulness | |

Judgement, planning and decisions

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| ☐ ☐ 29. Poorer judgement | ☐ ☐ 35. Poorer risk assessment |
| ☐ ☐ 30. Decision-making errors | ☐ ☐ 36. Difficulty prioritising tasks |
| ☐ ☐ 31. Increased likelihood of overlooking information | ☐ ☐ 37. Difficulty planning effectively |
| ☐ ☐ 32. Simple mistakes | ☐ ☐ 38. Difficulty adapting when circumstances change |
| ☐ ☐ 33. Procedural errors | ☐ ☐ 39. Reduced capacity to deal with unexpected events |
| ☐ ☐ 34. Reduced ability to detect one's own mistakes | ☐ ☐ 40. Greater reliance on habitual rather than considered responses |

Impulse and risk-taking

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| ☐ ☐ 41. Taking risks I would usually avoid | ☐ ☐ 43. Reduced inhibition |
| ☐ ☐ 42. Reduced impulse control | ☐ ☐ 44. Acting without thinking |

Mood and relationships

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| ☐ ☐ 45. Reduced patience | ☐ ☐ 55. Increased emotional reactivity |
| ☐ ☐ 46. Irritability | ☐ ☐ 56. Greater sensitivity to criticism |
| ☐ ☐ 47. Short temper | ☐ ☐ 57. Reduced tolerance of frustration |
| ☐ ☐ 48. Feeling stressed | ☐ ☐ 58. Difficulty regulating emotions |
| ☐ ☐ 49. Feeling anxious | ☐ ☐ 59. Conflict with other people |
| ☐ ☐ 50. Feeling emotionally fragile | ☐ ☐ 60. Reduced empathy or responsiveness to others |
| ☐ ☐ 51. Low mood | ☐ ☐ 61. Social withdrawal |
| ☐ ☐ 52. Reduced motivation | ☐ ☐ 62. Reduced enjoyment of normal activities |
| ☐ ☐ 53. Apathy | ☐ ☐ 63. Feeling overwhelmed by ordinary demands |
| ☐ ☐ 54. Frustration | |

Eating and compensation

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| ☐ ☐ 64. Feeling hungrier than usual | ☐ ☐ 70. Snacking more frequently |
| ☐ ☐ 65. A stronger appetite than usual | ☐ ☐ 71. Food choices that do not fit my usual needs or plans |
| ☐ ☐ 66. Craving high-calorie foods | ☐ ☐ 72. Increased caffeine consumption to compensate |
| ☐ ☐ 67. Craving sugary foods | ☐ ☐ 73. Greater temptation to use other stimulants or substances to compensate |
| ☐ ☐ 68. Craving carbohydrate-rich foods | |
| ☐ ☐ 69. Eating more than intended | |

Physical activity, symptoms and health questions

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| ☐ ☐ 74. Reduced exercise performance | ☐ ☐ 82. Greater sensitivity to discomfort |
| ☐ ☐ 75. Reduced endurance | ☐ ☐ 83. Gastrointestinal discomfort |
| ☐ ☐ 76. Reduced coordination | ☐ ☐ 84. Feeling generally unwell |
| ☐ ☐ 77. Slower physical responses | ☐ ☐ 85. Reduced sexual interest |
| ☐ ☐ 78. Feeling physically weak | ☐ ☐ 86. Questions about immune function (for a clinician; second box only) |
| ☐ ☐ 79. Headache | ☐ ☐ 87. Questions about appetite or metabolism (for a clinician; second box only) |
| ☐ ☐ 80. Eye strain or heavy eyes | ☐ ☐ 88. Questions about the body's stress response (for a clinician; second box only) |
| ☐ ☐ 81. General aches or increased perception of pain | |

Work, errors and safety

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| ☐ ☐ 89. Reduced productivity | ☐ ☐ 93. A road collision or near miss |
| ☐ ☐ 90. Taking longer to complete routine tasks | ☐ ☐ 94. A workplace accident or near miss |
| ☐ ☐ 91. Reduced work quality | ☐ ☐ 95. A trip or fall |
| ☐ ☐ 92. Driving that may be impaired | ☐ ☐ 96. Operating machinery less safely |

- ☐☐ 97. Missing a warning sign or hazard
- ☐☐ 98. Responding too slowly in an emergency
- ☐☐ 99. Communication errors at work
- ☐☐ 100. Performance problems in a safety-critical task

If you are sleepy, don't drive or do safety-critical work, however few boxes you ticked. A low count is not clearance.