Understanding Your Sleep Score

Quizzes & Self-Checks · https://coachluke.com/docs/understanding-your-sleep-score/

The Sleep Score Quiz is a 10-question, roughly 2-minute check that turns your sleep habits into a 0–100 score. No email is required to see your result.

What the score measures

Five factors decide your score: how many hours you sleep, how uninterrupted the night is, how consistent your schedule is, how you wind down in the evening, and how your energy holds up during the day. Higher is better.

What are "sleep leaks"?

Along with your score, the quiz identifies your two biggest sleep leaks — the specific habits costing you the most — and suggests which fixes to make first. Start with those two rather than overhauling everything at once.

My score seems low. Should I worry?

A low score means your habits have room to improve — which is good news, because habits are fixable. The score is a snapshot of changeable behaviors, not a clinical diagnosis. Fix the two leaks it flags, give it two to three weeks, then retake the quiz.

When is sleep a medical issue, not a habits issue?

See a doctor rather than relying on habit changes if you have loud regular snoring, gasping or witnessed pauses in breathing during sleep, dozing off while driving, or insomnia that has lasted more than three months. Those are signs of conditions this quiz is not built to detect.

Is this a medical sleep assessment?

No — it's an educational self-check from a fitness and nutrition coach. Actual sleep disorders need professional evaluation.