

Intentional Aging/ Sleep Concerns

Sleep problems: Describe the main difficulties you are having with your sleep? Falling asleep, waking at night, wake too early, daytime fatigue? Other sleep concerns?

History: How long has this gone on, and how often does this happen?

Treatment: What remedies have you tried to manage the sleep problems. Please list all meds, supplements, alcohol, CBD, heavy blankets, masks,..... how did those work?

Patterns: What are your usual sleep hours? Are you a night owl, or morning person?

Sleep Habits: What routines do you have for bedtime and getting to sleep?

Have you consulted with your doctor about your sleep concerns? Treatment?

If a miracle happened and your sleep got better, what would be different???