

CHECK ALL THAT APPLY:

- Lie in bed for two hours (or more) looking at your social media accounts.
- Get REALLY tired during the daytime.
- Find yourself going to bed, then the next thing you know it's 3 a.m.
- Constantly check the clock on your phone to work out "how many hours" of sleep you can get if you go to sleep NOW.
- Feel like you're damaging your eyes because you've been looking at your phone too long in the dark.
- Get into bed, then stare into the darkness and start to think of scary things.
- Have woken up in the middle of the night and not been able to get back to sleep more than once.
- Can't concentrate when someone is talking to you at school/work.
- Get annoyed really easily with your friends and family.
- Have a sore back or arms in the morning because you held your phone up too long in bed.
- Feel tired, get into bed, but then suddenly feel VERY awake.
- Feel like time goes by faster at night than during the day.
- Toss and turn for at least an hour most nights.
- Have been awake so long at night that you actually heard birds start to chirp...
- ...or have seen the sun come out (not on purpose).
- Are able to survive a full day at school/work on less than three hours of sleep.
- Pretty much rely on coffee to get you through the day.
- Have had people actually say "you look tired" to you more than once in a week.
- Have rolled your eyes at someone who said, "I need my beauty rest."
- Have bought new pillows and/or a new mattress to see if that would make a difference.
- Have tried drinking warm milk before bed...
- ...and counting sheep...
- ...and reading...
- ...and literally every other "suggestion" someone has had for trying to fall asleep easier.
- Have re-watched a movie you've seen 100 times before in bed to try to help you fall asleep.
- Require noise/rain sounds to help you fall asleep.
- Gotten so fed up with trying to fall asleep, you actually just got up and ate something instead.
- Have had someone call you "lazy" because you slept in on Saturday until 11 a.m. (but only because you didn't fall asleep until 5 a.m.).
- Have attempted to NOT use your phone in bed...
- ...but then failed miserably after five minutes.
- And finally, marvel at people who say they fall asleep the instant they get into bed.