

Circadian Hygiene Review

Key questions to assess circadian disruption.

Sleep	<p>When do you go to bed, and when do you wake up?</p> <p>Does your bed time and time of waking differ depending on the day of the week (e.g. shift work or weekend versus weekdays)? If so, how?</p> <p>Do you wake up with an alarm?</p> <p>Do you wake feeling refreshed?</p>
Light exposure	<p>Are there sources of light that infiltrate your bedroom, such as street lights, traffic lights, lights on electronic equipment, etc.?</p> <p>If you watch television, what time do you switch it off?</p> <p>Do you spend time in the afternoon or night on laptops, computers or tablets?</p> <p>If so, when do you switch these off?</p> <p>Do you use your phone in bed?</p>
Calorie intake	<p>What are the times of your first and last intake of calories in a day (including food and calorie containing beverages such as alcohol, juice, milk, etc.)?</p> <p>Does your meal schedule differ depending on the day of the week (e.g. shift work or weekend versus weekdays)?</p>

Length of sleep recommended according to age.

Age bracket	Length of time in hours
Newborns	14-17
Infants	12-15
Toddlers	11-14
Pre-schoolers	10-13
School-aged children	9-11
Teenagers	8-10
Young adults and adults	7-9
Older adults	7-8