



मनस् - CENTER FOR MENTAL WELLNESS & COUNSELLING

Do I Have a Sleep Disorder?

10 questions about serious sleep problems beyond poor sleep hygiene

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Self-care is not selfish. You cannot pour from an empty vessel. Taking care of yourself IS taking care of everyone you love.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Do I Have a Sleep Disorder?

This assessment helps you understand your sleep habits and patterns. Please answer the following questions honestly.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Have you been told that you snore loudly or stop breathing during sleep?
- Do you experience an uncontrollable urge to move your legs, especially at night?
- Have you ever sleepwalked, sleep-talked, or had night terrors?
- Do you find yourself falling asleep at inappropriate times during the day, like during conversations or meals?
- Despite trying, have you found it difficult to fall asleep for several weeks?
- Have you experienced sleep paralysis, feeling unable to move when waking up or falling asleep?
- Do you suffer from chronic insomnia, finding it hard to get enough sleep even with good sleep hygiene?
- Do you feel extremely tired or fatigued during the day, even after sleeping for adequate hours?
- Does your sleep quality significantly impact your daily functioning, mood, or concentration?
- Has your sleep pattern changed drastically in the past few weeks or months?

Score: Count the number of 'Yes' answers to the questions.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Normal Sleep Issues

Your responses suggest typical sleep variations. Focus on maintaining good sleep hygiene.

SCORE: 4-6

Mild Sleep Disorder Signs

You're showing some signs that might indicate mild sleep concerns. Consider reviewing your sleep habits.

SCORE: 7-8

Moderate Signs

Your answers point towards moderate sleep difficulties. It would be beneficial to discuss these with a healthcare professional.

SCORE: 9-10

Significant Sleep Disorder Signs

Your responses indicate significant sleep challenges. Please consult a doctor for a proper evaluation and guidance.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Prioritize your sleep as a vital part of your overall well-being; if concerns persist, seeking professional advice is a sign of strength.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific sleep behavior worries you the most?

2. How does your sleep (or lack thereof) affect your relationships and work?

3. What is one small change you could try to improve your sleep tonight?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Moments Journal

A guided journal to cultivate present moment awareness and reduce daily stress.

₹199

2

Stress Resilience Course

Learn practical techniques to manage stress and build emotional resilience.

₹999

3

Energy Boost Workbook

Discover strategies to increase your energy levels naturally.

₹299

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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"Taking this step – reading this, reflecting, beginning – this IS self-care. You are already doing it."

– Dr. Priya Dubey Sharma

मनस् – Center for Mental Wellness & Counselling

manas365.com

Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224