



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is My Sleep Healthy? Quick Check

10 questions about your sleep quality

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



Is My Sleep Healthy? Quick Check

This assessment helps you understand your current sleep patterns. Answer honestly to get a clearer picture of your sleep quality.

Assessment Questions

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

- How long does it typically take you to fall asleep after getting into bed?
- How often do you wake up during the night?
- How often do you wake up earlier than planned in the morning and cannot fall back asleep?
- How often do you feel rested when you wake up in the morning?
- How often do you experience significant daytime fatigue or sleepiness?
- How often do you feel you depend on caffeine to get through the day?
- How often do you use screens (phone, TV, computer) within an hour of going to bed?
- How often do you have racing thoughts or worries that keep you awake at bedtime?
- How often does your sleep schedule (bedtime and wake time) vary significantly from day to day?
- How often do you take naps during the day that interfere with your nighttime sleep?

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



Your Results

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

SCORE: 0-3

Well-Rested

Your sleep quality is generally good. You likely feel refreshed and energetic most days.

SCORE: 4-6

Mildly Disrupted

Your sleep may be slightly disturbed. Consider making small adjustments to improve your restfulness.

SCORE: 7-8

Moderately Disrupted

Your sleep quality seems to be moderately affected. It's a good idea to look into habits that might be impacting your sleep.

SCORE: 9-10

Significantly Disrupted

Your sleep patterns appear significantly disturbed. Seeking guidance from a wellness professional could be very beneficial for improving your sleep.

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

DR. PRIYA'S TIP

Focus on creating a relaxing bedtime routine and a comfortable sleep environment to help you wind down more effectively.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question surprised you the most?

2. What is one small change you could make starting today to improve your sleep?

3. How does your current sleep quality affect your daily life?

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 Meditation Guide

Learn simple techniques to calm your mind before sleep.

₹199

2

Evening Routine Planner

Create a personalized schedule for a restful night.

₹99

3

Understanding Your Energy Levels

Explore factors affecting your daily vitality and focus.

₹199

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

– Dr. Priya Dubey Sharma

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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