

60-Second Alcohol & Sleep Quiz

Take this quick quiz to find out how alcohol might be affecting your sleep - and where you can start making changes.

1. How long does it usually take you to fall asleep?

- A. Less than 20 minutes
- B. 20–40 minutes
- C. Over 40 minutes or varies a lot

2. How do you feel most mornings?

- A. Clear and refreshed
- B. A bit foggy or sluggish
- C. Tired, anxious or unrested

3. Do you track your sleep or notice patterns?

- A. Yes, and it's mostly consistent
- B. Somewhat, I notice patterns but don't track
- C. No, or it's all over the place

4. Which best describes your goals around sleep?

- A. Optimise and protect it
- B. Improve it without too much effort
- C. Just want to sleep, whatever works

5. How often do you drink within 3 hours of going to bed?

- A. Almost never
- B. A few times a week
- C. Three or more times a week

6. After drinking, do you wake up early (like 3 or 4 am) and struggle to get back to sleep?

- A. Rarely
- B. Sometimes
- C. Often or always

7. Have you had vivid dreams or nightmares after drinking?

- A. Not that I've noticed
- B. Occasionally
- C. Yes, frequently or recently

8. Do you drink alcohol to help you fall asleep?

- A. No, not why I drink
- B. Sometimes, if I'm stressed
- C. Often, I find it really helps

9. Do you find it harder to fall asleep without drinking?

- A. Not really or no change
- B. Sometimes I stay awake longer
- C. Yes, it's a lot harder to get to sleep

Scoring:

A = 0, B = 1, C = 2

What Your Results Suggest:

0 to 5 – Your sleep seems solid and self-aware. Keep protecting it! You may still discover surprising benefits from a short break from alcohol and working on sleep quality.

6 to 11 – You're sleep-aware but missing out on deeper rest. A break from alcohol and a solid wind-down routine could unlock noticeable shifts.

12 to 18 – Your sleep may be running on fumes. Over time you stand to see huge improvements in your sleep by reducing the impact alcohol is having. Start with a small change - skip alcohol a few extra nights - to reset your rhythm. You don't have to do it alone.



Ready to reclaim your nights?

🔗 [Book a free discovery call](#) or

Explore my [Alcohol & Sleep Guide](#) to get your plan started.



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This quiz is for insight only, not medical advice.



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ADVANTAGE**

**Alcohol Free
Your Way**