

Sleep + Stress Self-Assessment Checklist

Your Weekly Hormone & Blood Sugar Reality Check

Score each item from 0–3. Use weekly or anytime your glucose or mood feels off.

Sleep Quality

	0	1	2	3
I fall asleep within 20 minutes.				
I stay asleep without long wake-ups or CGM alarms.				
I wake rested and clear-headed.				
My bedtime / wake-time are consistent (± 30 min).				
I avoid screens, caffeine & alcohol 2 hrs before bed.				
My bedroom is cool, dark & quiet.				
Subtotal (Sleep)				___/18

Stress & Cortisol Load

	0	1	2	3
I feel calm and focused most days.				
I notice when stress raises my blood sugar.				
I take mini-breaks or breathe deeply during the day.				
I move my body regularly (walks, workouts, yoga).				
I set healthy boundaries with work & family.				
I connect socially at least once per week.				
Subtotal (Stress)				___/18

Morning Blood Sugar Patterns

	0	1	2	3
My fasting readings stay near target.				
I've identified causes of morning highs.				

I adjust basal or evening insulin when needed.				
I get morning sunlight within an hour of waking.				
Subtotal (Morning Patterns)				___/12

Total Score: ___/48

0–16 In Sync | 17–32 Needs Attention | 33–48 Out of Balance

Sleep + Stress Reflection Page

Use this page to reflect on patterns and small wins from the past week.

What went well this week?

What disrupted my sleep or increased stress?

How did my fasting or morning blood sugar respond?

What's one small change I'll focus on next week?

Wins or insights I want to remember:

You're Building Stability — One Night at a Time

Better sleep and lower stress directly support hormone balance, insulin sensitivity, and long-term energy. Small changes add up — especially in midlife.

More free resources and coaching support available at:

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