







Oversleeping Self-Assessment Checklist




For each item, rate how often it applies to you:

-  **Often** (4–7 days a week)
-  **Sometimes** (1–3 days a week)
-  **Rarely or never**

I. Sleep Quality & Circadian Rhythm

Question			
I feel groggy or mentally foggy even after sleeping 10+ hours.			
I take more than 30–45 minutes to fall asleep most nights.			
I tend to fall asleep after 2am, even if I try to go to bed earlier.			
I often wake up throughout the night or in early morning hours.			
I spend a lot of time in bed without actually being asleep.			
I sleep better during naps or unplanned rest than I do at night.			

II. Mental & Emotional State




Question			
I feel emotionally exhausted or burnt out most days.			
I avoid waking up because the day feels overwhelming or unstructured.			
I'm often dealing with intense emotions like anxiety, sadness, or shame.			
I feel a sense of “shutdown” or emotional numbness when waking.			
I use sleep to escape responsibilities, stress, or negative feelings.			

III. Executive Function & Sleep Routine




Question			
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I find it hard to start my bedtime routine even when I'm tired.			
I lie in bed for a long time after waking without getting up.			
I struggle to stick to a consistent sleep/wake time.			
I often lose track of time before bed due to hyperfocus or distractions.			
I forget to or avoid doing basic tasks (brushing teeth, getting dressed) after waking.			

IV. Physical & Biological Factors






Question			
I snore, gasp, or wake up choking in the night.			
I feel physically drained despite long sleep (e.g., heavy limbs, no energy).			
I've had low iron, B12, vitamin D, or thyroid issues in the past.			
I rely on caffeine or sugar to function after waking.			
I've had a diagnosis or suspicion of sleep apnea, hypersomnia, or narcolepsy.			

V. Sleep Debt or REM Rebound

Question			
I've had several nights of disrupted or short sleep recently.			
I recently came out of an emotionally intense period (meltdown, shutdown, burnout).			
My dreams have been unusually vivid, intense, or exhausting lately.			
I've withdrawn from medication, alcohol, or substances recently.			

Scoring and Reflection




You don't need a "score" to interpret this—but here's how to reflect:

-  **4+ in any one section:** This area likely plays a major role in your oversleeping and may benefit from targeted support.
-  **Several scattered  s across categories:** Multiple overlapping, lower-level factors may be building up.
-  **Mostly  s but still oversleeping:** This may point to undiagnosed physical causes (like sleep apnea or hypersomnia), or time blindness/avoidance dynamics that are hard to recognize internally.

Scoring the Oversleeping Self-Assessment

Step 1: Assign Point Values

For each item, score yourself:

-  **Often = 2 points**
-  **Sometimes = 1 point**
-  **Rarely/Never = 0 points**

Step 2: Tally Your Points by Section

Section	Max Score	Your Score
I. Sleep Quality & Circadian Rhythm	12	
II. Mental & Emotional State	10	
III. Executive Function & Sleep Routine	10	
IV. Physical & Biological Factors	10	
V. Sleep Debt or REM Rebound	8	
TOTAL	50	

Interpreting Your Scores

0–10 points: Minor Disruption

You may oversleep occasionally, but it's not likely tied to chronic or compounding issues. Review your responses for early signs of imbalance (e.g., inconsistent sleep hygiene or recent stress) and make light adjustments.

Tip: Try a simple sleep log for 3–5 days to watch for patterns.

11–25 points: Moderate Disruption

Your oversleeping may be due to **multiple overlapping issues** (e.g., stress + inconsistent sleep + executive dysfunction). You're likely experiencing functional fatigue or avoidance that's affecting your ability to rest effectively.

Tip: Choose 1–2 small areas to address (e.g., wake-up routine, consistent bedtime, mental health support) and track changes weekly.

26–40 points: Significant Disruption

Your results suggest **chronic or cyclical interference** with your sleep system. You may feel stuck in a loop of emotional fatigue, poor sleep quality, or undiagnosed health factors that compound executive dysfunction.

Tip: Prioritize support. Consider:

- Bloodwork (vitamin D, B12, thyroid, iron)
- Sleep study or consultation
- Mental health support
- Structured morning routine with accountability

41–50 points: Severe Interference or Shutdown Pattern

Oversleeping may be acting as a coping mechanism for overwhelm, burnout, or undiagnosed conditions. Your nervous system and executive function likely feel maxed out, making sleep a form of escape or involuntary recovery.

Tip: This isn't laziness—it's a signal. You deserve:

- Compassion
- Sensory and emotional recovery strategies
- Professional support (trauma-informed or neurodivergent-affirming)
- Gradual rebuilding of safe structure

Suggested Next Steps Based on Results

**Score
Range**

Suggested Supports

0–10	Minor tweaks to sleep hygiene or schedule. Consider sensory environment improvements.
11–25	Add gentle routines, journaling, and tracking. Explore emotional and cognitive load.
26–40	Get medical checkups, prioritize nervous system regulation, and explore coaching or therapy.
41–50	Seek comprehensive support: sleep clinic, therapy, nutritional testing, nervous system recovery, and community care.

What to Do Next

If your score feels high, don't panic. You're not broken—you're probably overloaded, under-supported, or running on empty. Here are next steps based on your score range:

For Lower Scores (0–25):

- Set a consistent wake-up time (even on weekends)
- Create a gentle morning routine (light, hydration, stretch, music)
- Track sleep and wake times for 5–7 days to identify hidden patterns
- Still consider talking to a provider if these sleeping patterns are disrupting your life

For Higher Scores (26–50):

- Talk to a provider about possible sleep disorders or nutrient testing
- Address emotional overwhelm with grounding practices or therapy
- Explore ADHD- or autism-informed coaching for structure and support
- Reduce shame by reframing sleep as a *response*, not a failure