Determine your PSQ

PERSONAL SLEEP QUOTIENT

Find out the exact amount of sleep that’s right for you

To determine your Personal Sleep Quotient:

The exact amount of sleep that’s right for you—Dr. James B. Maas recommends these steps:

- Pick a time when you’re likely to fall asleep and schedule your time to get eight hours of sleep. Follow this schedule for a week to allow your body to adjust.
- If you need an alarm to wake up, or feel tired during the day, go to bed 15 to 30 minutes earlier each night during the following week. Keep increasing your sleep time until you can wake up without an alarm and feel alert all day.
- Once you determine your ideal bedtime, cut 15 minutes off your sleep time. If you don’t feel rested, add those 15 minutes back. That’s your ideal sleep time, or Personal Sleep Quotient. Stick with that sleep schedule.

Reality Check: If you want to know exactly how long and how well you’re sleeping, visit a sleep center and get tested in a sleep lab or try the sleep app: Sleep Cycle. The Sleep Cycle alarm clock is a bio-alarm clock that analyzes your sleep patterns and wakes you when you are the lightest sleep phase. Or, try the Sleep as the World’s Premiere Sleep Expert. At home, you can wear a headband with a wireless connection to a sleep measuring gadget that looks like a bedside alarm clock.

The Secret to a Good Nap. Naps aren’t an alternative to a good night’s sleep, but they beat being sleep-deprived. Napping for 15 to 20 minutes—or for 90 minutes—will leave you refreshed. Anything in between is likely to make you groggy.

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