



If your sleep is compromised, can you rate how much each EF skill is affected?

(This differs for everyone)

1 - very poor functioning > 5 - not compromised at all

Attention

(Ability to put specific focus on one task)

1 2 3 4 5

Working Memory

(Ability to hold information in mind to execute a task Ie: instructions, sums, notes)

1 2 3 4 5

Concentration

(Ability to hold focus over a period of time

1 2 3 4 5

Cognitive Flexibility

(Ability to adapt to changing circumstances)

1 2 3 4 5

Emotional Regulation

(Ability to manage emotions to complete tasks and reach goals)

1 2 3 4 5