

## Do I need a Sleep Evaluation?

If you answer YES to any of these questions you may be suffering from a sleep disorder. Take this questionnaire to your doctor who can help you interpret your symptoms to understand the basis of your condition and what can be done to treat it. Ask your doctor if you might have a sleep disorder and if you need to have a sleep study performed.

### Sleep Disorder Self-Assessment

1. Do you or have you ever been told you snore loudly at night, or have frequent pauses in breathing while you sleep?
2. Do you wake up with headaches, fogginess, achy muscles, dry mouth, or heartburn?
3. Are you very tired or sleepy during the day or fight to concentrate or stay awake?
4. Do you fall asleep easily during the day, while driving or during physical activity?
5. Are you overweight or gaining weight?
6. Do you have high blood pressure, heart disease, or pain in your bones or joints?
7. Do you toss and turn, jerk or kick or are otherwise restless during sleep?
8. Do you wake frequently for no apparent reason?
9. Do you sweat excessively or have a pounding or irregular heartbeat during the night?
10. Is your neck size >17" for males or >16" for females with any of these symptoms?

Contact your primary doctor or you may reach out to our office at 205-343-0004

