

Sleep Quiz. Sleep is essential to your overall health. Taking this quiz is the first step to finding out why you aren't receiving the quantity and quality of sleep you need. Answer "yes" for those that apply you.

Lets' get started:

1. I have been told that I snore
2. I have been told that I hold my breath while I sleep
3. I have high blood pressure
4. My friends and family say that I'm often grumpy and irritable
5. I wish I had more energy
6. I sweat excessively while asleep
7. I have noticed my heart pounding or beating irregularly during sleep
8. I get headaches upon waking up
9. I suddenly wake up gasping for breath
10. I am overweight
11. I am losing my sex drive
12. I often feel sleepy and struggle to remain alert
13. I frequently wake up with a dry mouth
14. I have difficulty falling asleep

#1-#14. If you said "yes" to 3 or more answers, you may have signs of Sleep Apnea.

Sleep Apnea: *A potentially serious breathing disorder that can lead to a heart attack, stroke or high blood pressure.*

15. Thoughts race through my mind and prevent me from sleeping
16. I anticipate that I will have trouble sleeping, even before going to bed
17. I wake up and cannot go back to sleep
- 18 I worry/stress and have trouble relaxing
19. I wake up earlier than I would like to
20. I lie awake for half an hour or more before I fall asleep
21. I often feel sad and depressed.

#15-21. If you said "yes" to 3 or more of these questions, you may symptoms of insomnia.

Insomnia: *The inability to fall asleep or stay asleep.*

- 22. I have trouble concentrating at work or school
- 23. When I am angry or surprised, I feel like my muscles are going limp
- 24. I have fallen asleep while driving
- 25. I often feel like I am in a daze
- 26. I have experienced dreamlike scenes upon falling asleep or awakening
- 27. I have fallen asleep in social settings
- 28. I have trouble at work because I am sleepy
- 29. I have dreams soon after falling asleep or during naps.
- 30. I have "sleep attacks" while I am awake no matter how hard I try to stay awake.
- 31. I have had episodes of feeling paralyzed during sleep.

#22-31. If you said "yes" to 3 or more of these questions, you may have symptoms associated with Narcolepsy. **Narcolepsy:** *Uncontrolled daytime sleep attacks.*

- 32. I wake up with an acid/sour taste in my mouth
- 33. I wake up coughing or wheezing
- 34. I frequently have a sore throat
- 35. I suddenly wake up feeling like I'm choking

#32-#35. If you said "yes" to 3 or more of these questions, you may have symptoms of Gastroesophageal Reflux Disease (GERD). **Gastroesophageal Reflux Disease (GERD):** *Acid backing up in the swallowing tube during sleep.*

- 36. Other than when I'm exercising, I experience muscle tension in my legs.
- 37. Parts of my body jerk during sleep
- 38. I have been told that I kick at night
- 39. When trying to go to sleep, I experience an aching/crawling sensation in my legs
- 40. I experience leg pain or cramps at night
- 41. I often feel the need to continuously move my legs at night
- 42. Even though I sleep during the night, I feel sleepy during the day

#36-#42. If you said "yes" to 3 or more of these questions, you may have symptoms associated with Periodic Movement Disorder or Restless Leg Syndrome. **Periodic Movement Disorder:** *Uncontrolled arm or leg jerking during sleep.* **Restless Leg Syndrome:** *Uncontrollable feelings/movements in the limbs before sleep occurs.*

NEXT STEP

Bring your referral form to your family physician to receive an appointment at one of our sleep labs.