

SLEEP QUESTIONNAIRE

Name: _____

Date: _____

One out of three Americans has a sleep disorder which can make sleeping or waking hours difficult. Many people suffer needlessly because they are unaware that a sleep problem exists. Once diagnosed, most sleep disorders can be corrected. This simple test is designed to help you and your doctor detect if there are any problems that you are experiencing that may cause poor sleep. Circle the number beside the statement(s) below that describe the symptom(s) you have experienced during the last year. Scoring instructions are below.

1. I have difficulty falling asleep.
2. Thoughts race through my mind and this prevents me from sleeping.
3. I feel afraid to go to sleep.
4. I wake up during the night and can't get back to sleep.
5. I worry about things and have trouble relaxing.
6. I wake up earlier in the morning than I would like to.
7. I lie awake for half an hour or more before falling asleep.
8. I feel sad and depressed.
9. I've been told that I snore.
10. I've been told that I stop breathing while I sleep.
11. I have high blood pressure.
12. My friends and family say they have noticed changes in my personality.
13. I am gaining weight.
14. I sweat excessively during the night.
15. I have noticed my heart pounding or beating irregularly during the night.
16. I get morning headaches.
17. I have trouble sleeping when I have a cold.
18. I suddenly wake up gasping for breath during the night.
19. I am overweight.
20. I seem to be losing my sex drive.
21. I feel sleepy during the day even though I slept through the night.
22. I have trouble concentrating at school.
23. When I am angry or surprised, I feel like I'm going limp.
24. I have fallen asleep while driving.
25. I feel like I go around in a daze
26. I have experienced vivid dreamlike scenes upon falling asleep or awakening.
27. I have fallen asleep during physical effort.
28. I feel like I am hallucinating when I fall asleep.
29. I feel like I have to cram a full day into every hour to get everything done.
30. I have fallen asleep while laughing and crying.
31. I have trouble at work because of sleepiness.
32. I have vivid nightmares soon after falling asleep.
33. I fall asleep during the day.
34. No matter how hard I try to stay awake, I fall asleep anyway.
35. I feel unable to move when I am waking up or falling asleep.
36. I wake up with heartburn.
37. I have a chronic cough.
38. I have to use antacids (Rolaids, Tums, Alka-Seltzer etc) almost every week for stomach trouble.
39. I have morning hoarseness.
40. I wake up at night coughing or wheezing.
41. I have frequent sore throats.
42. During the night, I suddenly wake up gasping for breath.
43. Other than when exercising, I still experience muscle tension in my legs.
44. I have noticed (or others have commented) that parts of my body jerk.
45. I have been told that I kick at night.
46. I experience aching or "crawling" sensations in my legs.
47. I experience leg pain during the night.
48. Sometimes I just can't keep my legs still at night. I just have to move them.
49. I awaken with sore or achy muscles.

50. Even though I slept through the night, I still feel sleepy during the day.

[Visit: Cannot-Sleep.com](http://Cannot-Sleep.com)

SCORING INSTRUCTIONS

Questions 1-8

If you circled three or more statements, you show symptoms of INSOMNIA, a persistent inability to fall asleep or stay asleep.

Questions 9-21

If you circled three or more, you show symptoms of SLEEP APNEA, a life-threatening disorder which causes you to stop breathing repeatedly – often several times a night – during your sleep.

Questions 22-35

If you circled three or more, you show symptoms of NARCOLEPSY, a lifelong disorder characterized by uncontrollable sleep attacks during the day.

Questions 36-42

If you circled two or more, you show symptoms of GASTRO-ESOPHAGEAL REFLUX, a disorder caused when acid from the stomach “backs up” into the esophagus during the night.

Questions 43-50

If you circled two or more, you show symptoms of NOCTURNAL MYOCLONUS, or RESTLESS LEGS SYNDROME, a disorder characterized by pain or “crawling” sensations in the legs.