

SLEEP ASSESSMENT CHECKLIST



Sleep is essential to your health and your physical and mental well-being. Yet despite its importance, sleep disorders often go undiagnosed.

Here are some questions that may help you assess whether you may be suffering from a sleep disorder. While this self-scoring assessment can't substitute for a comprehensive exam, it can be a starting point for a discussion with your physician. Bring your completed assessment with you to your next doctor's visit to get the conversation started.

<input checked="" type="checkbox"/>	SLEEP ASSESSMENT CHECKLIST
	Do you snore at night?
	Do you have high blood pressure?
	Are you overweight?
	Do you have type 2 diabetes?
	Do you have atrial fibrillation (A Fib)?
	Have you been told that you stop breathing or gasp for breath when you sleep?
	Do you wake frequently for no apparent reason?
	Do you toss and turn, jerk or kick or are otherwise restless during the night?
	Do you wake up with headaches, fogginess, achy muscles, dry mouth or heartburn?
	Do you feel that you got the sleep you need in order to perform your best?
	Do you feel sleepy or doze off while watching TV, reading, driving or engaged in daily activities?
	Have you been told by family, friends and coworkers that you look tired?
	Have others noticed a recent change in your personality?

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If you checked three or more, you should talk to your doctor about your sleep issues. Print this sheet and take it with you to your next doctor's appointment.

SLEEP MEDICINE CLOSE TO HOME.

Your physician can order a sleep study to be performed at one of ProMedica's Sleep Center locations. Our specialists provide testing, analyzing and diagnosis of sleep disorders. Talk to your physician about receiving additional care for your sleep issues.

To learn more about sleep disorders and the benefits of treatment, visit promedica.org.

